



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
 DIVISION OF NUTRITIONAL HEALTH AND SERVICES  
**DIET INTAKE AND NUTRITION INFORMATION FOR CHILDREN 1-6 YEARS OF AGE**

CHILD'S NAME			AGE	INTERVIEWER						
PARENT/GUARDIAN NAME			DATE	FOOD GROUP SUMMARY						
Record all foods eaten and beverages consumed in a typical day. Remember to record amounts eaten. This is important. If you are uncertain about the quantity, please estimate. Describe the form of each food; raw or cooked; and how prepared: fresh, canned or frozen; fried, baked, boiled or steamed.			MEAT & MEAT ALTERNATES	MILK & MILK PRODUCTS	BREAD & CEREAL	FRUITS & VEGETABLES			FATS & OILS	OTHER FOODS
						VIT. C FOODS	DARK GREEN & OTHER VIT. A FOODS	OTHER FRUITS & VEGETABLES		
TIME	FOOD EATEN	AMOUNT EATEN								
VITAMINS TYPE <input type="checkbox"/> YES <input type="checkbox"/> NO IRON SUPPLEMENT TYPE <input type="checkbox"/> YES <input type="checkbox"/> NO *6 SERVINGS FOR 4-6 YEAR OLD			SUMMARY SERVINGS EATEN							
			SERVINGS NEEDED	2	5-6*	6	1	1	3	USE IN MODERATION

DAILY FOOD GUIDE

NUTRIENTS PROVIDED	DAILY FOOD NEEDS IN 1-SERVING PORTIONS	NUTRIENTS PROVIDED	DAILY FOOD NEEDS IN 1-SERVING PORTIONS
<p>Protein, iron, riboflavin, niacin, vitamins B<sub>6</sub> and B<sub>12</sub> phosphorus and zinc.</p> <p>Protein, iron, thiamin, folate, zinc, phosphorus, magnesium, vitamins B<sub>6</sub> and E.</p>	<p><b>MEATS AND MEAT ALTERNATES - 2 servings/day</b></p> <p>Meat, game meat, fish or poultry - 1 oz. Canned tuna or salmon - 1/4 cup Eggs - 1 Hot dog - 1 Luncheon meats - 1 oz.</p> <p>Peanut butter - 2 Tbsp. Nuts - 1/4 cup Dried beans, peas or lentils (cooked) 1/2 cup</p>	<p>Vitamin C</p> <p>Fresh, frozen or canned forms may be used, although the vitamin C content of the canned product is lower.</p> <p>Some foods normally considered to be an **excellent source may not be listed due to the large serving size required.</p>	<p><b>VITAMIN C FOODS - 1 serving/day</b></p> <p>Juices: orange and grapefruit - 1/3-1/2 cup Other vegetable &amp; fruit juices (fortified with vitamin C) - 1/3-1/2 cup</p> <p>Fruits: cantaloupe - 1/3-1/2 c. cubed grapefruit - 1/2 strawberries - 1/3-1/2 cup orange - 1/2-1 small tangerine - 1/2 - 1 small</p> <p>Vegetables: broccoli - 1/3-1/2 c. (raw or cooked) peppers - (green or red) - 1/4-1/2 med tomato - 1/2-1 small cauliflower - 1/3-1/2 cup (raw or cooked) Brussels sprouts - 1/3-1/2 cup (cooked)</p>
<p>Calcium, vitamin D, riboflavin, protein, vitamins A, E, B<sub>6</sub>, B<sub>12</sub> and magnesium.</p> <p>For some people, milk and milk products serve as primary sources of protein in the diet.</p>	<p><b>MILK AND MILK PRODUCTS - 5-6* servings/day</b></p> <p>Whole, 2% or skim milk - 1/2 cup or 4 oz. Reconstituted nonfat dry or evaporated milk - 1/2 cup Buttermilk - 1/2 cup</p> <p>Cheese - 3/4 oz. or 1 slice Cheese spread or cheese food - 1 oz. Cottage cheese - 1 cup</p> <p>Cream soup made with milk - 3/4 cup Frozen yogurt, Ice cream - 3/4 cup Puddings and custards made with milk - 1/2 cup Yogurt - 1/2 cup</p>	<p>The larger serving sizes are recommended for the 4-6 year-old child.</p> <p>**Excellent sources of folate or vitamin A. Also contains: vitamins E and B<sub>6</sub>; riboflavin, iron and magnesium.</p>	<p><b>DARK GREEN &amp; OTHER VITAMIN A FOODS- 1 serving/day</b></p> <p>1/3-1/2 cup (raw or cooked) brussels sprouts, greens, such as: spinach, beet, mustard, and turnip; asparagus, carrots, pumpkin, sweet potatoes, and winter squash.</p>
<p>*For the 4-6 year-old child 6 servings/day.</p>	<p><b>BREADS AND CEREALS - 6 servings/day</b></p> <p>Whole wheat and enriched breads - 1/2-1 slice Hot cereals - 1/3-1/2 cup Ready-to-eat cereals - 1/2-3/4 cup Macaroni, noodles, spaghetti or rice (cooked) - 1/3-1/2 cup Cornbread - 1 piece (1" x 2"square) Roll, muffin, biscuit - 1/2-1 Saltine, round crackers - 2-4 Graham crackers - 1-2 (2x2" square) Tortillas - 1 Hamburger or hot dog bun - 1/2</p> <p>The larger serving sizes are recommended for the 4-6 year-old child.</p>	<p>Vitamin A, E and B vitamins, magnesium and phosphorus.</p> <p>The larger serving sizes are recommended for the 4-6 year-old child.</p>	<p><b>OTHER FRUITS AND VEGETABLES - 3 servings/day</b></p> <p>1/3-1/2 cup (raw or cooked)</p> <p>Includes all other fruits &amp; vegetables.</p>
<p>**Excellent source = ≥ 50% RDI or DV DV = Daily Value RDI = Reference Daily Intake</p>	<p><b>FATS AND OILS - In moderation</b></p> <p>Margarine, butter, oil, mayonnaise - 1 tsp. Salad dressings, cream - 1 Tbsp. Cream cheese, sour cream - 1 Tbsp. Bacon - 1 slice Gravy - 1 Tbsp.</p>	<p>Calories, essential fatty acids and vitamin E.</p> <p>Whenever possible choose products made with corn, cottonseed, safflower, soy or sunflower oil.</p>	<p><b>OTHER FOODS</b></p> <p>Sugars: cookies, cakes, pastries, jelly, honey, candy and soft drinks.</p> <p>Salty: potato chips, pretzels, salt pork, and etc.</p>

To meet increased calorie and nutrient needs due to rapid growth, chronic or acute illness, or strenuous physical activity, additional servings of foods are needed beyond those stated above. Extra servings from the bread and cereal and fruit and vegetable groups are recommended.

Comments: