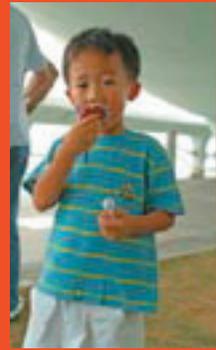


Food For Young Children

A Guide For Feeding the 1 to 6 Year Old



What Foods Should My Child Eat Every Day?

Milk & Milk Products	5-6* servings each day Serving Size*
Milk or Yogurt	½ cup
Custard or Pudding	½ cup
Cheese	¾ ounce or ¼ cup shredded
Cheese food	1 ounce
Nonfat Dry Milk Powder	2-3 Tablespoons
Ice Cream	¾ cup
Cream Soup made with milk	¾ cup
Meat & Meat Products	2 servings each day Serving Size*
Meat, Fish, Poultry	1 ounce
Tuna	¼ cup
Hot Dog***	1 each
Egg	1 each
Lunch Meat***	2 slices or 1 ounce
Cooked Dried Beans or Peas	½ cup
Peanut Butter	2 Tablespoons
Nuts	¼ cup
***Do not eat daily due to high fat/salt content	

*The larger serving sizes are recommended for the 4- to 6-year-old child.

Bread & Cereal**	6 servings each day Serving Size*
Bread	½ - 1 slice
Pancake	1 - 2 each
Waffle	½ - 1 each
Roll	½ - 1 each
Cornbread (2" square)	½ - 1 piece
Crackers	2 - 4 each
Cooked Cereal, Rice, Pasta	⅓ - ½ cup
Ready-To-Serve Dry Cereal	½ - ¾ cup
**Choose whole grain and enriched breads and cereals	
Fruits & Vegetables	5 servings each day Serving Size*
Raw Vegetables	⅓ - ½ cup
Cooked or Canned Vegetables	⅓ - ½ cup
Vegetable Juice	⅓ - ½ cup
Raw Fruits	½ - 1 small
Cooked or Canned Fruit	⅓ - ½ cup
Fruit Juice	⅓ - ½ cup

- Vitamin C Foods** (1 Serving Each Day) → Grapefruit or juice, orange or juice, vitamin C-fortified juices, tangerine, strawberries, cantaloupe, broccoli, cauliflower, green pepper, Brussels sprouts, and tomatoes
- Vitamin A Foods** (1 Serving Each Day) → Asparagus, tomatoes, apricots, cantaloupe, pumpkin, spinach, carrots, broccoli, greens, winter squash, sweet potatoes, dark leafy lettuce
- Other Fruits and Vegetables** (3 Servings Each Day) → Corn, peas, potatoes, green beans, lima beans, any fruit or vegetables not listed under Vitamin C or Vitamin A Foods

AVOID:

- ⊗ Whole hot dogs, nuts, raw carrots, radishes, cauliflower, whole grapes, and popcorn are not recommended for young children under the age of three because they may cause choking.
- ⊗ Hot dogs, cooked carrot coins, and grapes should be quartered before giving to your child.
- ⊗ No round pieces!



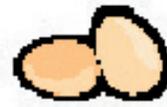
MEALS SHOULD:

- ☉ Be simple
- ☉ Avoid too much fat (butter, margarine, oil, and gravy), sugar, and salt
- ☉ Offer a variety of foods



SNACKS SHOULD BE:

- ☉ Food from one or more of the food groups, such as: fruit, raw vegetables, crackers, fruit juice, milk, peanut butter, cheese, nuts, cereal, hard cooked egg
- ☉ Foods that are low in fat, sugar, and salt
- ☉ Small amounts of food that don't spoil the appetite for meals



FOODS KIDS LIKE:

Finger Foods:

- ☺ Small, bite-sized pieces of vegetables, fruits, bread and toast, meat, cheese, and hard-cooked egg

Bright Colors:

- ☺ Deep yellow, bright green, or red vegetables and fruits
- ☺ Colorful glasses, plates, and tablecloth

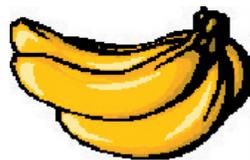


Mild Flavors:

- ☺ No need for salt, sugar, pepper, and other seasonings. Children have sensitive taste buds.
- ☺ Some favorites: applesauce, banana, mild cheese, potatoes, custard, and tender vegetables

Well Prepared Foods:

- ☺ Moist meat
- ☺ Smooth cooked cereal
- ☺ Crisp raw vegetables



ENCOURAGE YOUR CHILD TO DEVELOP HEALTHY EATING HABITS:

- ☺ Mealtimes should be relaxed, happy times; avoid punishing.
- ☺ Variety is important. Introduce a small amount of new food along with a favorite food.
- ☺ Children often imitate their parents' food likes and dislikes. Set a good example.
- ☺ Encourage children to help fix food. They are likely to eat food they helped prepare.
- ☺ Serve child-size portions; small amounts on small dishes allow children the satisfaction of finishing the food. They'll ask for more if they are still hungry.
- ☺ Good mealtime behavior should be rewarded. Do not show concern if your child is fussy or refuses to eat. He or she may enjoy seeing you upset.
- ☺ Do not use food as a reward for good behavior; especially sweets and desserts. Instead, reward with a hug or a favorite activity.
- ☺ Usually a "food jag" (asking for only one food often) is rare and short-lived if an issue is not made of it.
- ☺ Don't force children to eat. Appetites vary from day to day and during illness. Remove food and let child wait until the next meal or planned snack. Healthy children will eat when they are hungry.
- ☺ A healthy appetite depends on enough play, rest, sleep, and regular meal times.

SAMPLE MEAL PATTERN:

Breakfast:

Fruit or juice (high in Vitamin C)
Lean meat or meat alternate
Whole grain bread or cereal
Milk

Noon Meal:

Lean meat or meat alternate
Raw or steamed vegetable
Whole grain bread or roll
Milk
Fruit

Evening Meal:

Lean meat or meat alternate
Vegetables: 1 raw and 1 steamed
Whole grain bread or roll
Low-fat pudding
Milk

Evening Snack:

Whole grain cereal
Milk



Missouri Department of Health and Senior Services

P.O. Box 570, Jefferson City, MO 65102-0570 – Telephone: 1-888-435-1464

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This publication may be provided in alternative formats such as Braille, large print, or audiotape by calling 1-888-435-1464. TDD users can access the above phone number by calling 1-800-735-2966.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

NS - R04/05