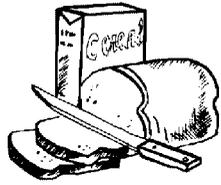


# What is a Child-Size Serving?



## Grains

- 1 slice bread or tortilla
- ½ cup rice or pasta
- ½ cup cooked cereal
- ¾ cup dry cereal
- 3 to 4 small crackers



## Vegetables

- ½ cup raw vegetables
- ½ cup cooked vegetables



## Fruits

- ¾ cup fruit juice
- 1 small fruit or ½ cup



## Milk

- 1 cup milk or yogurt
- 1 ½ oz. cheese
- 1 ½ cup ice cream
- 1 cup frozen yogurt



## Meat

- 2 oz. meat, poultry, or fish
- 2 eggs
- 1 cup cooked beans or peas
- 4 Tbsp. peanut butter

If your child gets thirsty in between meals and snacks, offer water instead of juice, milk, Kool Aid, sports drinks, or carbonated drinks.

# FOOD Guide PYRAMID

## for Young Children

A Daily Guide for 4- to 6-Year-Olds



Your child may need more servings than the general recommendations.  
**Ask your nutritionist what number of servings is right for your child.**

# Sample Menu

## Breakfast

1 cup milk  
3/4 cup dry cereal  
1 small banana

## Snack

3/4 cup orange juice  
3 graham crackers

## Lunch

1 tuna sandwich  
3 to 4 carrot sticks  
1/2 cup sliced apples  
1 cup milk

## Snack

2 Tbsp. peanut butter on 1 slice toast

## Supper

2 oz. ham  
1/2 cup green beans  
1/2 cup potatoes  
1 roll  
1 cup milk

# Tips for Feeding Your Child

- Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Don't force your child to eat.
- Children need healthy snacks between meals.
- Tastes change, foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

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# For Your Child Foods 4 - 6 Years



## Tips For

