

Sample Menu

Breakfast

- ½ cup whole grain cereal
- ½ cup lowfat milk
- ½ small banana

Snack

- 2-3 graham crackers
- ½ cup 100% juice

Lunch

- ½ turkey & cheese sandwich on whole wheat bread
- ¼ cup green beans
- 1 small orange
- ½ cup lowfat milk

Snack

- ½ cup lowfat milk
- 1 Tbs peanut butter
- ½ cup apple slices

Dinner

- 2 oz. chicken
- ¼ cup cooked carrots
- ¼ cup plain noodles
- ½ cup lowfat milk



Tips for Feeding Your Child

-  Mealtime should be a relaxed and happy time. Set a good example for your children.
-  Let your child's appetite be your guide. Don't force your child to eat. It is normal for your child's appetite to vary from day to day. Don't be concerned if your child is fussy and refuses to eat.
-  Expect your child's growth and appetite to slow down around 2 years of age.
-  Tastes change. Food once refused may be later accepted. Keep offering different foods to your child.
-  During the preschool years, your child may want to eat the same foods for several days. Don't worry; usually these "food jags" are short lived.
-  Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.
-  By the age of one all liquids should be offered to children in a cup. Only in a cup!

New Jersey WIC Services 2006



Jon S. Corzine
Governor



Fred M. Jacobs, M.D., J.D.
Commissioner

Foods for Your Child 1-3 years



Tips For

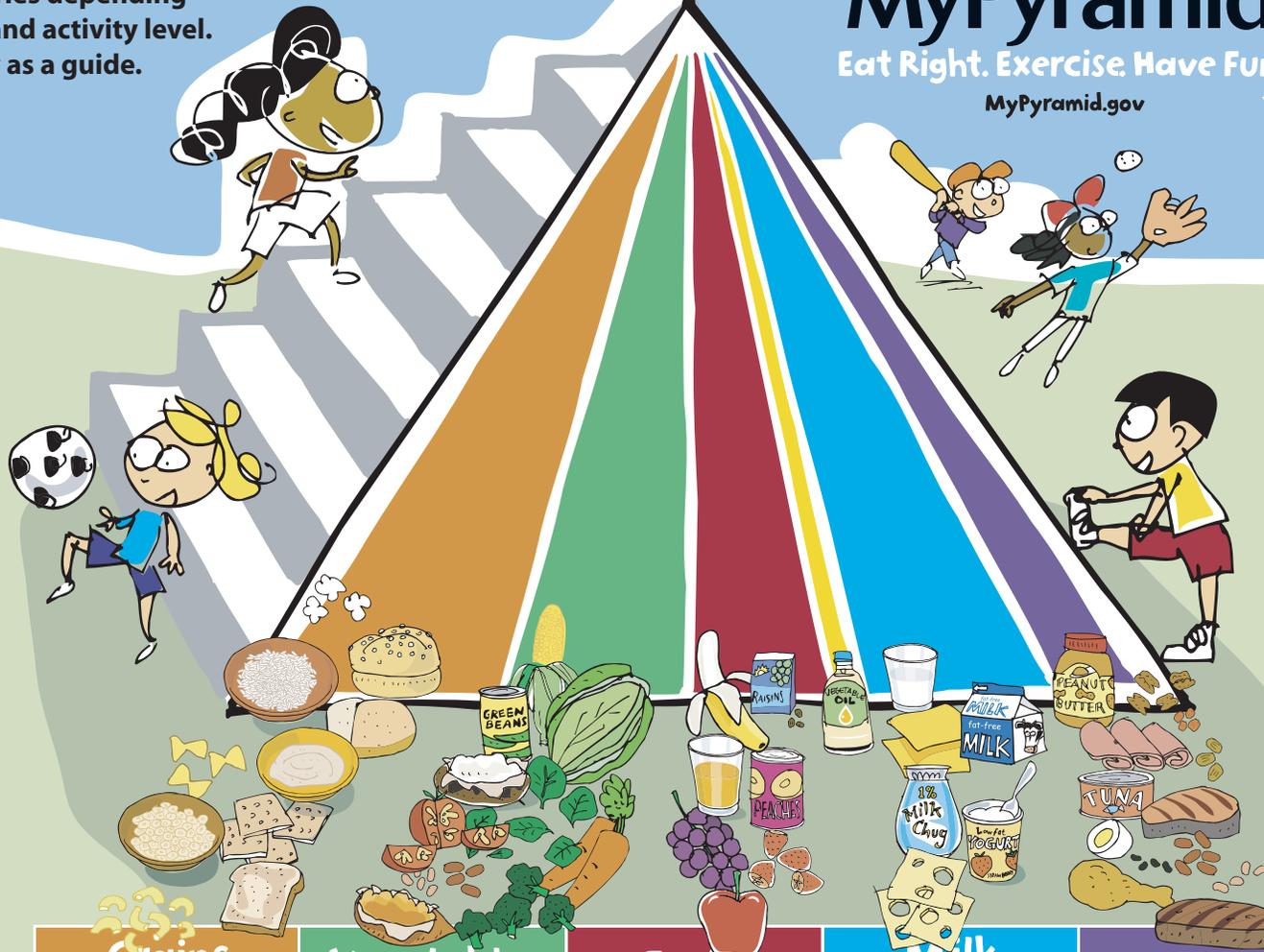
The amount of food to eat from each food group varies depending on your child's sex and activity level. Use the chart below as a guide.

MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains
Make half your grains whole

3-5 ounces

Aim for at least 2 ounces of whole grains a day

For example:
1 slice of whole wheat bread and ½ cup whole grain cereal.

Vegetables
Vary your veggies

1-1½ cups

Aim for a variety each week:

Dark green veggies
Orange veggies
Dry beans and peas
Starchy veggies
Other veggies

Fruits
Focus on fruits

1-1½ cups

Eat a variety of whole fruits but limit fruit juices.

Milk
Get your calcium-rich foods

2 cups

Go low-fat or fat-free when you choose milk, yogurt, or cheese.

Meat & Beans
Go lean with protein

2-4 ounces

Choose low-fat or lean meats and poultry
Vary your protein routine-choose more fish, beans, peas, nuts & seeds

1 ounce of protein =
1 egg or ¼ cup beans



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Be physically active for at least 60 minutes every day, or on most days. Limit extra fat, sugar, and sodium. Individual requirements vary. Visit MyPyramid.gov to create a specific plan for your child.