

# Sample Menu

## Breakfast

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

## Snack

- ½ cup cooked carrots
- ½ cup 100% juice

## Lunch

- 1 oz. turkey & 1 oz. cheese cubes
- 4 whole wheat crackers
- ½ cup green beans
- ½ cup melon
- ½ cup lowfat milk

## Snack

- ½ cup yogurt
- 1 Tbsp peanut butter
- ½ cup apple slices

## Dinner

- 2 oz. chicken
- ½ cup cooked broccoli
- 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 2009



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# Foods for Your Child 1-3 years



## Tips For

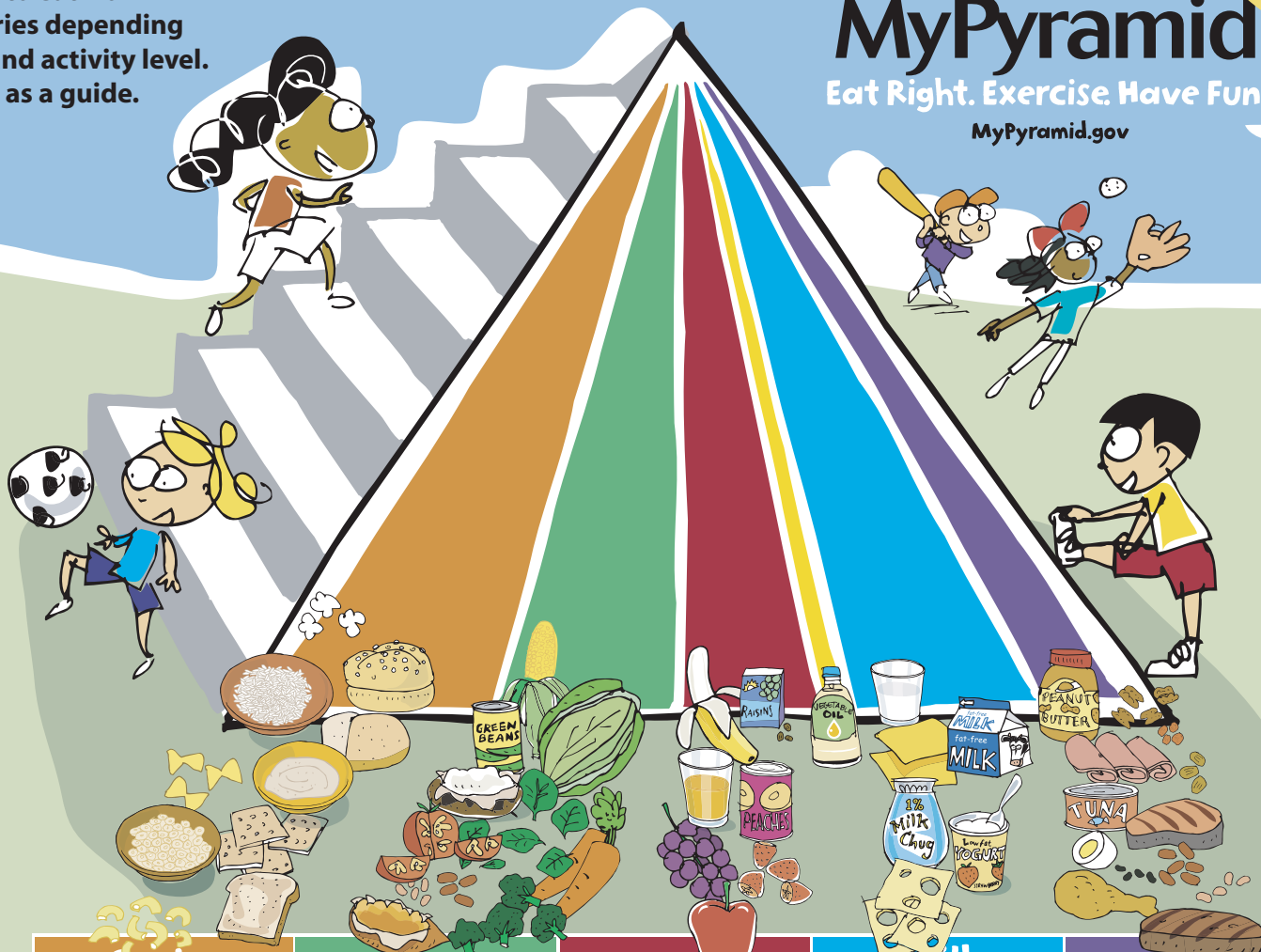
The amount of food to eat from each food group varies depending on your child's sex and activity level. Use the chart below as a guide.

# MyPyramid

For Kids

Eat Right. Exercise Have Fun.

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**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](http://MyPyramid.gov) to create a specific plan for your child.