

MAKING MEALTIMES HAPPY

- Serve small portions - let children ask for seconds. Introduce new foods along with favorite foods.
- Offer finger foods frequently.
- Relax - don't bribe or reward with food.
- Children are more likely to eat foods they help prepare.
- Don't force your child to eat.
- Young children are easily distracted - keep the television off when eating.
- Offer foods with a variety of colors and textures.
- Children like to eat with the rest of the family.



BOTTLE OR CUP?

- Your child should now be drinking from a cup or glass.
- Bottle-feeding after age 1 can lead to dental problems.
- Too many bottles may decrease your child's desire for solid foods.



EXERCISE IS IMPORTANT

- Fat children may not be healthy children.
- Play with your child every day.

PROBLEM OR ABNORMAL BEHAVIOR

- Food held in the mouth may be a way of tasting food.
- Your child may want to eat the same food for several days. Don't worry.
- Tastes change. Foods once refused may later be accepted. Keep trying!
- Playing with food could mean your child is not hungry, wants attention or is not feeling well.
- Be ready for spills and messes as your child learns to feed himself/herself.

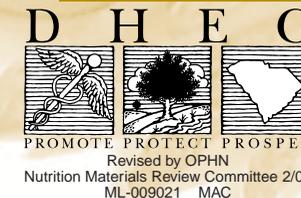
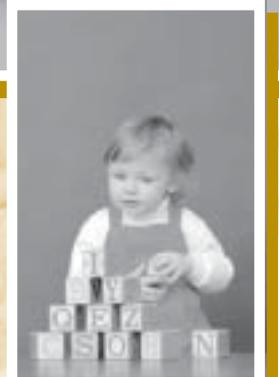


GROWTH AND APPETITE

- Expect your child's growth and appetite to slow down between the ages of one and two years.
- Appetites differ from day to day, from year to year, from child to child. Let your child's appetite be the guide.
- By age 1 year your child should be sleeping through the night. Offer a cup or glass of water rather than food or milk if your child wakes during the night.



WHAT TO FEED YOUR 1-5 YEAR OLD CHILD



FOODS FOR YOUR CHILD EVERY DAY

	 Milk and Milk Products	 Protein Foods	 Breads, Cereals, and Grains	 Vitamin C Rich Fruits/Vegetables	 Dark Green and Yellow Fruits/Vegetables	 Other Fruits/Vegetables
NUMBER OF SERVINGS	4	2	6	1	1	3
SERVINGS EATEN						
SERVING SIZE 1-3 Year Old	4 oz. (1/2 cup) milk 4 oz. (1/2 cup) yogurt 1 slice cheese (1 oz.)	1 oz. cooked meat, fish, poultry 1 egg 1/4 cup salmon or tuna 1/4 cup dried beans or peas	1/2 slice bread 1/2 cup dry cereal 1/4 cup cooked cereal 1/4 cup rice, noodles 3 crackers	4 oz. (1/2 cup) juice 1/2 medium fruit 1/4 cup vegetable	1/4 cup vegetable 1/2 medium fruit	1/4 cup vegetable/fruit 1/4 cup potato 1/2 medium fruit 4 oz. (1/2 cup) juice
4-5 Year Old	4 oz. (1/2 cup) milk 4 oz. (1/2 cup) yogurt 1 slice cheese (1 oz.)	2 oz. cooked meat, fish, poultry 1 egg 1/3 cup salmon or tuna 1/2 cup dried beans or peas 2 tbsp. peanut butter	1 slice bread 1 cup dry cereal 1/2 cup cooked cereal 1/2 cup rice, noodles 5-6 crackers	6 oz. (3/4 cup) juice 1 medium fruit 1/2 cup vegetable	1/2 cup vegetable 1 medium fruit	1/2 cup vegetable/fruit 1/2 cup potato 1 medium fruit 6 oz. (3/4 cup) juice

Children under age two may choke on raisins, grapes, hot dogs, nuts, seeds, popcorn, peanut butter, raw vegetables or other hard, small foods.



SAMPLE MENU

AGE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1-3 Year Old	4 oz. (1/2 cup) milk 1/4 cup Cream of Wheat 1/2 banana	4 oz. (1/2 cup) milk 1 boiled egg 1-2 graham crackers	4 oz. (1/2 cup) milk 1/2 cheese sandwich 1/4 cup peas 1/2 peach	4 oz. (1/2 cup) orange juice 1/2 cup dry cereal	4 oz. (1/2 cup) milk 1 chicken leg 1/4 cup rice 1/4 cup carrots 1 cup ice cream
4-5 Year Old	4 oz. (1/2 cup) milk 6 oz. (3/4 cup) orange juice 1 scrambled egg 1/2 cup grits	6 oz. (3/4 cup) apple juice 1 slice toast	4 oz. (1/2 cup) milk 1 tuna sandwich (made with 1/3 cup tuna) 3-4 carrot sticks	4 oz. (1/2 cup) milk 6 crackers 2 tbsp. raisins	4 oz. (1/2 cup) milk 1/2 cup pinto beans 1/2 cup collard greens 1 piece cornbread

Little stomachs need frequent feedings. Include foods such as: fruits and fruit juices, vegetables, cheese, crackers, hard-cooked eggs, yogurt, custards, and dry cereal.