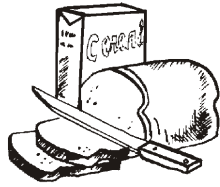


# What is a Child-Size Portion?



## Grains

- ½ slice bread or tortilla
- ¼ cup rice or pasta
- ¼ cup dry or cooked cereal
- 2 to 3 crackers



## Vegetables

- ¼ cup raw or cooked vegetables



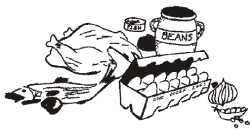
## Fruits

- ½ cup fruit juice
- ½ small fruit or ¼ cup fruit



## Milk

- ½ cup milk\*
- ¼ cup yogurt
- 1 slice cheese
- ¼ cup frozen yogurt or ice cream
- ¼ cup pudding
- ¼ cup cottage cheese



## Meat

- 1 ounce meat, poultry, or fish
- 1 egg
- ¼ cup cooked beans or peas

Serve the above child-size portions. Let your child ask for seconds.

Nuts, peanut butter, raisins, whole grapes, and hot dogs can cause choking and are not recommended for children under three years of age.

# Your Child's

## Guide to Healthy Eating and Physical Activity

### GRAINS

At least half of grains should be whole grains

**3 to 5 ounces a day**

1 ounce is equal to:  
 1 cup ready to eat cereal  
 ½ cup cooked cereal  
 ½ cup cooked rice or pasta  
 1 small biscuit or muffin  
 1 slice bread  
 1 roll  
 7 crackers  
 1 small piece cornbread  
 1 pancake  
 1 flour or corn tortilla (6 inches)

### VEGGIES

Go for the colors

**1 to 1 ½ cups a day**

1 cup is equal to:  
 1 cup raw, cooked, or vegetable juice  
 2 cups raw leafy vegetable

### FRUITS

Choose from fresh, frozen, dried or canned

**1 to 1 ½ cups a day**

1 cup is equal to:  
 1 cup fruit or 100% fruit juice  
 ½ cup dried fruit  
 ½ cup is equal to:  
 1 small fruit

### MILK

Feed your child's bones high calcium foods

**2 cups a day**

1 cup is equal to:  
 1 cup milk\*  
 1 cup yogurt  
 1 ½ cups ice cream  
 1 ½ ounces hard cheeses  
 2 ounces American cheese  
 2 cups cottage cheese  
 1 cup pudding  
 1 cup frozen yogurt

### MEAT/ BEANS

Go lean

**2 to 4 ounces a day**

1 ounce is equal to:  
 1 ounce cooked meat, fish, or poultry  
 1 egg  
 ¼ cup cooked dry beans/peas

### FATS/ SWEETS

Go lightly

**3 to 4 teaspoons of fat a day**

1 serving equals to:  
 1 teaspoon margarine  
 vegetable oil (canola or olive oil best) or mayonnaise

Go lightly on sugars and sweets like cake, candy, pie, cookies because of extra calories and little nutrition

### BALANCE FOOD/ PHYSICAL ACTIVITY

Your child needs to be physically active for 60 minutes most days of the week.

The amount of food your child needs is based on age, girl or boy, and how active he/she is each day.

These are general recommendations. Talk with your nutritionist about your child's needs.



**LIMIT FRUIT JUICE TO ½ TO ¾ CUP A DAY**



# Sample Menu

## Breakfast

- ¼ cup dry cereal
- ¾ cup milk\* (use ¼ cup in cereal)
- ½ banana

## Snack

- 2 to 3 graham crackers
- ½ cup orange juice

## Lunch

- ½ turkey sandwich on whole wheat bread
- ¼ cup green beans
- ¼ cup carrots
- ¼ cup sliced peaches
- ½ cup milk\*

## Snack

- Small muffin
- ½ cup milk\*

## Dinner

- 1 ounce baked chicken
- ¼ cup mashed potatoes
- ¼ cup cooked broccoli
- 1 whole wheat roll
- ½ cup milk\*

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

\*Offer fat reduced milk after your child is 2 years old.

# Tips for Feeding Your Child

Mealtime should be a relaxed and happy time. Good mealtime behavior should be rewarded with a hug or favorite activity.

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 too 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, foods once refused may later be 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.

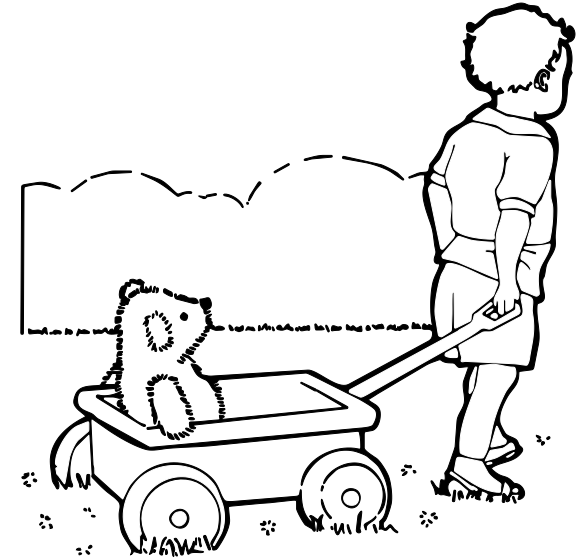
Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

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# For Your Child Foods 1 to 3 Years



## Tips For

