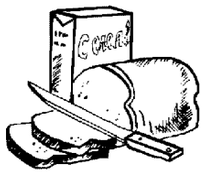
What is a Child-Size Serving?

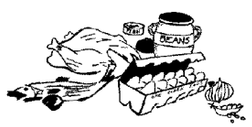


Grains
¼ to ½ slice bread or tortilla
¼ cup rice or pasta
¼ cup cooked cereal
⅓ cup dry cereal
2 to 3 crackers

Vegetables
⅓ cup raw vegetables
¼ cup cooked vegetables

Fruits
½ cup fruit juice
1 small fruit or ¼ cup

Milk
½ cup milk or yogurt
¾ oz. cheese
¾ cup ice cream
½ cup frozen yogurt



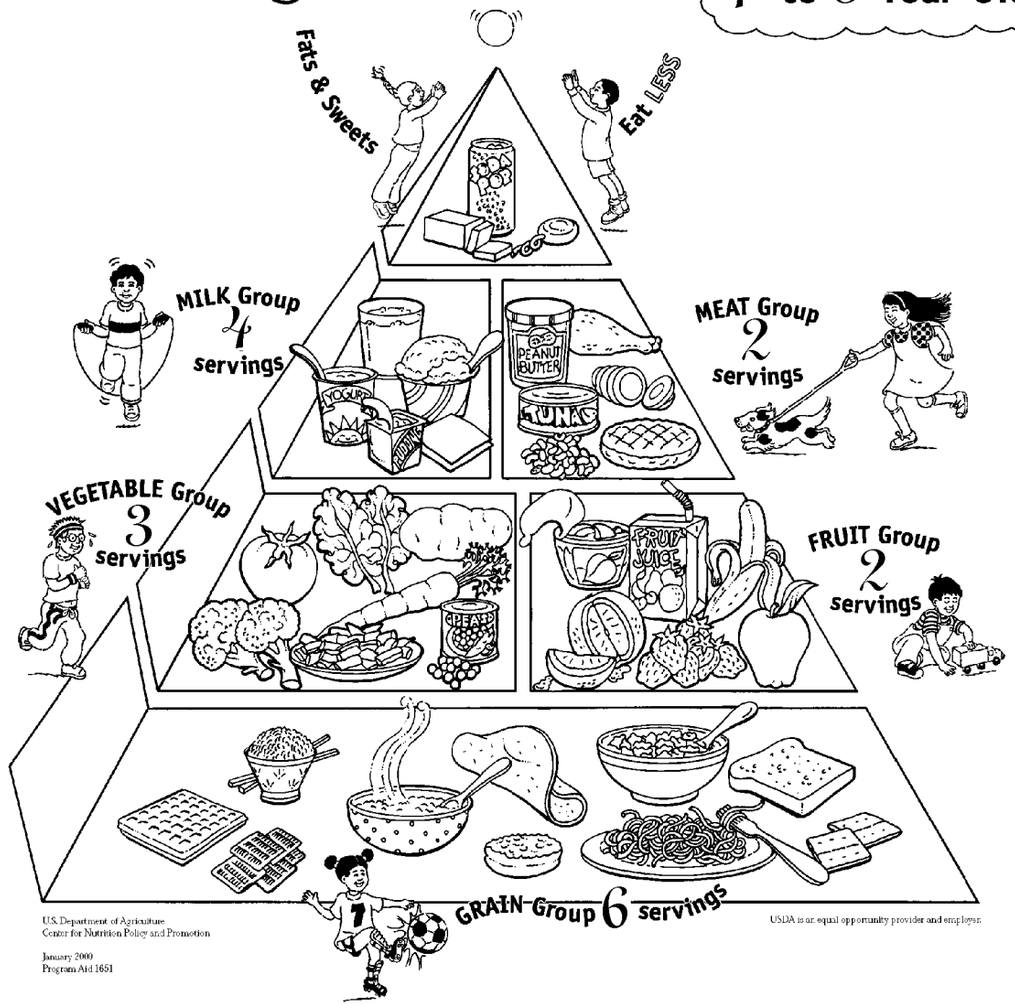
Meat
1 oz. meat, poultry, or fish
1 egg
½ cup cooked beans or peas

Serve the above child-size servings. 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.

FOOD Guide PYRAMID for Young Children

A Daily Guide for 1- to 3-Year-Olds



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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
¼ cup hot cereal
1 hard boiled egg
½ cup milk

Snack
2-3 graham crackers
½ cup orange juice

Lunch
½ ham sandwich
¼ cup green beans
½ banana
½ cup milk

Snack
⅓ cup dry cereal
½ cup milk

Dinner
1 oz.chicken
¼ cup cooked carrots
¼ cup cooked broccoli
¼ cup plain noodles
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.

Tips for Feeding Your Child

- Mealtime should be a relaxed and happy time. Good mealtime behavior should be rewarded with a favorite hug or 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 everyday. This helps your child grow in a healthy way.

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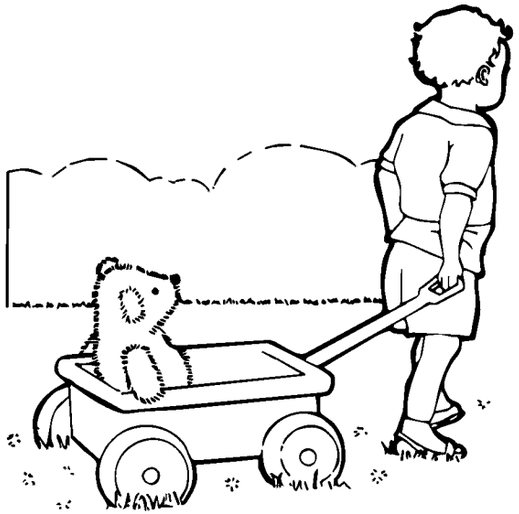
Foods For Your Child 1 - 3 Years



Tips For