



CHILDREN'S FEEDING GUIDE



HEALTHY EATING TIPS

LET YOUR CHILD CHOOSE HOW MUCH TO EAT

Children's appetites vary from day to day. Some days they may eat less than the recommended amounts, other days they may want more. Let your child choose how much to eat.

OFFER WATER BETWEEN MEALS

If your child is thirsty throughout the day, offer water. If kids want milk or juice, they only need up to 2 cups of milk a day to provide enough calcium and should limit juice to ½ cup or 4 ounces a day.

PROVIDE CHILDREN WITH SMALL, FREQUENT MEALS AND SNACKS






If offering snacks, offer at least 2 hours before a meal so your child is hungry at mealtimes.

MAKE MEALTIMES SAFE

Some foods are easy for children to choke on. Cut food into small, bite-sized pieces and remove seeds, skin, and small bones. Children need to sit when eating and should always be supervised.

EAT TOGETHER

Talk together and make mealtimes family time.

Food Group	Age 2	Age 3	Ages 4-5	Serving Sizes
Fruits: Focus on whole fruits 	1 cup	1–1½ cups	1–1½ cups	½ cup fruit = <ul style="list-style-type: none"> • ½ cup mashed, sliced, or chopped fruit • ½ cup 100% fruit juice • ½ small banana • 4-5 large strawberries
Vegetables: Vary your veggies 	1 cup	1–1½ cups	1½-2 cups	½ cup veggies = <ul style="list-style-type: none"> • ½ cup mashed, sliced, or chopped vegetables • 1 cup raw leafy greens • ½ cup vegetable juice • 1 small ear of corn
Grains: Make half your grains whole grains 	3 ounces	3–5 ounces	4–5 ounces	1 ounce of grains = <ul style="list-style-type: none"> • 1 slice bread • 1 cup ready-to-eat cereal • ½ cup cooked oatmeal, rice, or pasta • 1 tortilla (6" across)
Protein Foods: Vary your protein routine 	2 ounces	2-4 ounces	3-5 ounces	1 ounce of protein foods = <ul style="list-style-type: none"> • 1 ounce cooked meat, poultry, or seafood • 1 egg • 1 Tbsp. peanut butter • ¼ cup cooked beans or peas
Dairy: Choose low-fat or fat-free milk or yogurt 	2 cups	2–2½ cups	2½ cups	½ cup of dairy = <ul style="list-style-type: none"> • ½ cup milk • 4 ounces yogurt • ¾ ounce cheese

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