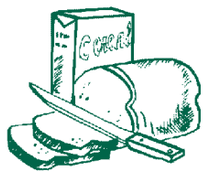
What is a Child-Size Serving?



Grains
1 slice bread or tortilla
½ cup rice or pasta
½ cup cooked cereal
¾ cup dry cereal
3 to 4 small crackers

Vegetables
½ cup raw vegetables
½ cup cooked vegetables

Fruits
¾ cup fruit juice
1 small fruit or ½ cup

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

Meat
2 oz. meat, poultry, or fish
2 eggs
1 cup cooked beans or peas
4 Tbsp. peanut butter

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

FOOD Guide PYRAMID for Young Children

A Daily Guide for 4- to 6-Year-Olds

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion

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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
1 cup milk
¾ cup dry cereal
1 small banana

Snack
¾ cup orange juice
3 graham crackers

Lunch
1 tuna sandwich
3 to 4 carrot sticks
½ cup sliced apples
1 cup milk

Snack
2 Tbsp. peanut butter on 1 slice toast

Supper
2 oz. ham
½ cup green beans
½ cup potatoes
1 roll
1 cup milk

Tips for Feeding Your Child

- Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
- Children like eating with the family and want to eat what you eat. Set a good example for your child.
- Let your child's appetite be your guide because your child's appetite may vary day to day. Don't force your child to eat.
- Children need healthy snacks between meals.
- Tastes change, foods once refused may later be accepted. Keep offering different foods to your child.
- Your child may want to eat the same foods for several days. Don't worry, this is normal behavior for this age.
- Helping with meals and snacks can be fun for children and your child is more likely to eat foods he/she helped to prepare.
- Active play and exercise should be encouraged every day. This helps your child grow in a healthy way.

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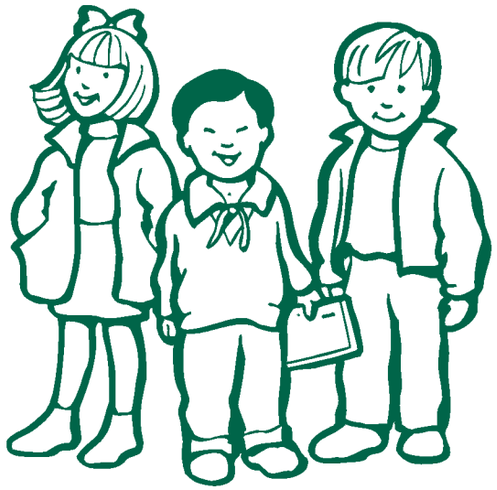
For Your Child Foods 4 - 6 Years



Tips For