Physical Activity is Important
- Play with your child every day.
- An overweight child may not be healthy.
- Limit screen time to less than 2 hours each day.

Normal 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 herself.

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.

Growth and Appetite
- Expect your child's growth and appetite to slow down between the ages of 1 and 2 years.
- Appetites differ from day to day, from year to year, and from child to child. Let your child's appetite be the guide.
- By age 1 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.

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

What to Feed Your 1–5 Year Old

Bottle or Cup?
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Daily Amounts for Your 1–5 Year Old

1–3 Year Old

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Grain Group</th>
<th>Vegetable Group</th>
<th>Fruit Group</th>
<th>Milk Group</th>
<th>Meat and Beans Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>3–5 Servings/day</td>
<td>½ slice bread</td>
<td>½ cup cooked/raw = ¼ cup</td>
<td>½ medium fruit = ½ cup</td>
<td>4 oz. milk = ½ cup*</td>
<td>1 oz. cooked meat/fish/poultry = 1 oz</td>
</tr>
<tr>
<td>1–1½ Cups/day</td>
<td>½ cup dry cereal</td>
<td>¼ cup cooked cereal</td>
<td>½ cup leafy = ¼ cup</td>
<td>4 oz. yogurt = ½ cup</td>
<td>1 egg = 1 oz</td>
</tr>
<tr>
<td>1–3 Year Old</td>
<td>½ cup cooked rice/pasta</td>
<td>¼ cup peas</td>
<td>1 cup cooked raw = ½ cup</td>
<td>1 oz. slice cheese = ½ cup</td>
<td>¼ cup salmon/tuna = 1 oz</td>
</tr>
<tr>
<td>3–5 Servings/day</td>
<td>3 crackers</td>
<td>¼ cup dried = ¼ cup</td>
<td>4 oz. 100% juice = ½ cup</td>
<td>½ cup dried beans or peas = 1 oz</td>
<td></td>
</tr>
</tbody>
</table>

4–5 Year Old

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Grain Group</th>
<th>Vegetable Group</th>
<th>Fruit Group</th>
<th>Milk Group</th>
<th>Meat and Beans Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>4–5 Servings</td>
<td>1 slice bread</td>
<td>½ cup cooked/raw = ¾ cup</td>
<td>½ medium fruit = ½ cup</td>
<td>4 oz. milk = ½ cup*</td>
<td>1 oz. cooked meat/fish/poultry = 2 oz</td>
</tr>
<tr>
<td>1½–2 Cups/day</td>
<td>1 cup dry cereal</td>
<td>1 cup cooked cereal</td>
<td>½ cup leafy = ½ cup</td>
<td>4 oz. yogurt = ½ cup</td>
<td>1 egg = 1 oz</td>
</tr>
<tr>
<td>1–1½ Cups</td>
<td>½ cup cooked rice/pasta</td>
<td>¼ cup cooked rice/pasta</td>
<td>½ cup leafy = ½ cup</td>
<td>1 oz. slice cheese = ½ cup</td>
<td>¼ cup salmon/tuna = 1 oz</td>
</tr>
<tr>
<td>1–1½ Cups/day</td>
<td>5–6 crackers</td>
<td>¼ cup peas</td>
<td>1 cup cooked raw = ½ cup</td>
<td>½ cup dried beans or peas = 2 oz</td>
<td></td>
</tr>
</tbody>
</table>

Sample Menu

Age | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
---|----------|-------|-------|-------|--------|-------|
1–3 Year Old | 4 oz. (½ cup) milk* | 4 oz. (½ cup) milk* | 4 oz. (½ cup) milk* | 4 oz. (½ cup) orange juice | 4 oz. (½ cup) milk* | ½ cup diced tomatoes & cucumbers |
| 1/5 cup dry cereal | ½ peach | ½ cheese sandwich (1 slice cheese on whole grain bread) | 1–2 graham crackers | 1 medium banana |
| 1/5 cup dry cereal | ½ banana | 1–3 Year Old | 1 scrambled egg | 1/5 cup grits |
4–5 Year Old | 4 oz. (½ cup) low fat milk | 4 oz. (½ cup) water | 4 oz. (½ cup) low fat milk | 4 oz. (½ cup) low fat milk | 2–4 Ounces/day |
| 4 oz. (½ cup) 100% juice | 1/5 cup dry cereal | 1 tuna sandwich (1/4 cup tuna on whole grain bread) | 3–4 small carrot sticks | 1 medium banana |
| 1 scrambled egg | 1/5 cup raisins | 1/5 cup green beans | 1/5 cup pinto beans | 1/5 cup collard greens |
| 1/5 cup grits | | 1 piece cornbread | | 1 Tbsp. peanut butter = 1 oz |

Remember:
- Offer water to your child.
- Little stomachs need small, frequent feedings. Throughout the day, try to include a variety of food groups.
- Children under age 2 may choke on raisins, grapes, hot dogs, nuts, popcorn, peanut butter, marshmallows, raw vegetables or other small, round, hard or sticky foods.

*½ milk is recommended for children age 2 or older.