

9. Keep nutritious snacks on hand. Children's calorie needs are high, and they have a limited capacity for food because of their small stomachs, so they really need to eat every three to four hours. Have fruits, juices, and other healthful foods available.
10. Do not use food as a reward or punishment. Do not support misbehavior with food - or offer treats for being good.
11. Offer the following foods only when baby has a full set of teeth because they may cause choking: apple chunks or slices, grapes, hot dogs and sausages (split lengthwise then sliced), peanut butter, popcorn, nuts, seeds, round candies, hard chunks of uncooked vegetables. Remember that a child should always be supervised when eating - especially if he is eating any of the foods that may easily choke him.

Clinical Nutrition Services

FOOD / TO GROW / BY

A Feeding Guide
For Children Ages 1-5 Years



NUTRITIOUS SNACKS

- Cut up fresh, raw vegetables*
- Fresh fruit (soft), apple slices,* grapes*, banana
- Canned fruits or applesauce
- Unsweetened fruit juices
- Cheese
- Deviled eggs
- Peanut butter*
- Raisins and other dried fruits
- Crackers, pretzels
- Graham crackers
- Unsweetened cereals
- Milk, yogurt, pudding
- Popcorn and nuts*
- Candy

POOR SNACKS

- Cookies, brownies, cake, pie
- Soda pop
- Sweetened drinks

**These nutritious snack foods are hard for toddlers to chew and they could cause toddler to choke. Offer these foods only when toddler can chew and swallow well.*



Name: _____ Date: _____

Feeding Guide For Children Age's 1-5*

Good nutrition includes a variety of foods from the Basic Four Food Groups – Milk Group, Meat Group, Fruit and Vegetable Group, and Grain Group.

Food Groups	Number of Servings Per Day	Serving Size per Child's Age		
		1 year	2-3 years	4-5 years
MILK GROUP	3			
<ul style="list-style-type: none"> whole milk 1-2 yr. 2% or 1% low fat milk > 2 yr. cheese pudding made with milk cottage cheese yogurt 		1/2 cup (4 oz.)	1/2 -3/4 cup (4-6 oz.)	3/4 cup (6 oz.)
MEAT GROUP	2			
<ul style="list-style-type: none"> fish, chicken, turkey, beef, pork peanut butter cook dried beans or peas eggs 		1 oz.	1 oz.	2 oz.
FRUIT AND VEGETABLES	At least 5 including:			
<ul style="list-style-type: none"> vitamin C source (citrus fruits, berries, tomato, cabbage, cantaloupe) 	1 or more	1/3 cup	1/2 cup	1/2 cup
<ul style="list-style-type: none"> vitamin A source (green or yellow fruits and vegetables) 	1 or more	2 Tbsp.	3 Tbsp.	4 Tbsp. (1/4 cup)
<ul style="list-style-type: none"> other vegetables (potato, peas, green beans, etc.) 	2	2 Tbsp.	3 Tbsp.	4 Tbsp. (1/4 cup)
<ul style="list-style-type: none"> other fruits (apple, banana, etc.) 		1/4 cup	1/3 cup	1/2 cup

Food Groups	Number of Servings Per Day	Serving Size per Child's Age		
		1 year	2-3 years	4-5 years
GRAIN GROUP	6			
<ul style="list-style-type: none"> bread ready-to-eat cereals cooked cereal, including macaroni spaghetti, rice, noodles, etc. 		1/2 slice	1 slice	1 slice
"OTHERS" GROUP	1/4 cup	1/3 cup	1/2 cup	1/2 cup
<ul style="list-style-type: none"> pies, cake, donuts, cookies gelatin vegetable oil, salad dressing butter or margarine condiments 				

Items selected from this group complement but do not replace foods from the Four Food Groups. Amounts used should be determined by the child's caloric needs.



**This booklet is intended to be used as a guide for feeding your child during ages 1-5 years. These are the minimum recommended number of servings needed to provide the nutrients your growing child needs. Your pediatrician or dietitian may have additional recommendations or suggestions you should follow.*

Good Eating Habits

- Eat your meals together in a relaxed, pleasant atmosphere and set a positive example. Let your child be responsible for how much or if they want to eat. Parents should be responsible for providing nutritious foods.
- Limit "grab and go" eating. What is grabbed often is not nutritious.
- Time meals appropriately. At mealtime, make sure children are rested, as overly tired children will not eat much; however, a little playtime prior to a meal may increase their appetite. Avoid snacks or too much liquid within 30 minutes of mealtime.
- Cook together. This will help develop a child's interest in food. If they have helped fix it, they will be more inclined to eat it.
- Limit distractions. Keep the TV, computer, and toys away from the table. Distracted children tend to forget about eating or may mindlessly overeat.
- Introduce one new food at a time. Give small portions of unfamiliar foods along with favorite ones.
- Fix tasty-looking food! Serve interesting colors, shapes, and textures. Finger type foods are usually better accepted.
- Season foods lightly. Children prefer mildly seasoned foods, so use herbs, spices, salt, and pepper lightly.