

# Meal Planning for Children(3-5 years old)

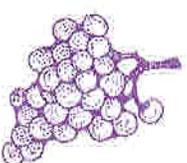
## Common Serving Sizes for Children

Bread, Grains, Rice Starchy Vegetables 6-11 servings / day	Vegetables 3-5 servings / day	Fruits 2-4 servings / day	Milk & Dairy 3 servings / day	Lean Meat, Fish, Chicken or Dried Beans 2-3 servings / day
<p>1/2 slice whole grain enriched bread</p> <p>1/4 hamburger bun or tortilla</p> <p>1/2 cup ready-to-eat WIC cereal</p> <p>1/4 cup cooked cereal, rice, or noodles</p> <p>1 small piece cooked yams, sweet potato, ube, camote, breadfruit, or taro</p> <p>3 pieces whole grain crackers</p>	<p>1/2 cup cooked leafy green vegetables like kangkong, bokchoy, petchay or spinach</p> <p>1/4 cup cooked vegetables like bittermelon, long beans, or yellow squash</p> <p>1/4 cup raw vegetables like carrots, cucumber or lettuce</p> <p>1/3 cup vegetable juice</p>	<p>1/2 medium fresh fruit like apple, orange, or banana</p> <p>1/4 cup chopped, cooked or canned fruit</p> <p>1/2 of a melon slice</p> <p>1/8 cup dried fruit like raisins, mango, papaya, or pineapple</p> <p>1/3 cup 100% fruit juice</p>	<p>1/2 cup milk</p> <p>1/2 cup yogurt</p> <p>1 slice cheese</p>	<p>1 to 1-1/2 ounce cooked lean meat, fish, chicken or turkey</p> <p>1/2 cooked whole egg</p> <p>1/4 cup cooked beans or peas</p> <p>1/4 cup tofu</p> <p>1 tablespoon peanut butter</p>

**For 1 year old, offer small amounts of these foods daily.  
For 2 years old, use half serving size as indicated above.**



Guam WIC Program  
Department of Public Health and Social Services  
P.O. Box 2816, Hatgana, Guana 96932



## 10 Ways Parents Can Encourage Their Child's Good Eating Habits.

1. Mom/Dad provide a variety of foods and eat them as a good example.
2. Mom/Dad decide where to eat.
3. Mom/Dad decide when to eat.
4. Mom/Dad decide what to eat at meal and snack times.
5. Mom /Dad allow the child to decide how much to eat.
6. Mom/Dad provide regular pleasant meals/ snacks.
7. Mom/Dad should not force their child to finish the food on their plate.
8. Turn TV off during mealtimes. Use mealtime to talk with your children. Meal time should be family time.
9. Serve food at room temperature and use unbreakable utensils & dishes.
10. Provide encouragement for tasks like holding cup, fork, or spoon properly. Scolding your child for his/her lack of skill at the table will limit the desire to try new skills or food.

## What to Expect from your Child

1. Expect your child to reject or eat the food served. Healthy children will eat the amount they need. Parents only need to provide good food choices.
2. Expect your child to be cautious, curious and play with food. This is how he/she learns about foods.
3. Expect your child to choose how much food he wants to eat. It is not necessary to trick your child into eating. For example: If your child refuses to eat spinach try broccoli, refuses to eat carrots try sweet potato, refuses to drink milk try cheese or yogurt, refuses to eat red meat try chicken, turkey or fish. Your child's food preferences will change as he grows older.
4. Expect your child to eat what their parents eat, so set a good example.
5. Expect your child's appetite to decrease at age 2. This is because he/she is not growing as fast.
6. Expect your child to require less and less assistance to eat on his own. It will also take him/her longer to eat on his/her own, so be patient.

