

Sample Menu

Breakfast

1 cup lowfat milk
¾ cup whole grain cereal
1 small banana

Snack

¾ cup yogurt
1 graham cracker
3 to 4 carrot sticks

Lunch

½ peanut butter & jelly sandwich
on whole wheat bread
1 cup mixed green salad
with dressing
½ cup sliced oranges
½ cup 100% juice

Snack

1 oz. cheese
5 wheat crackers
3 green pepper slices

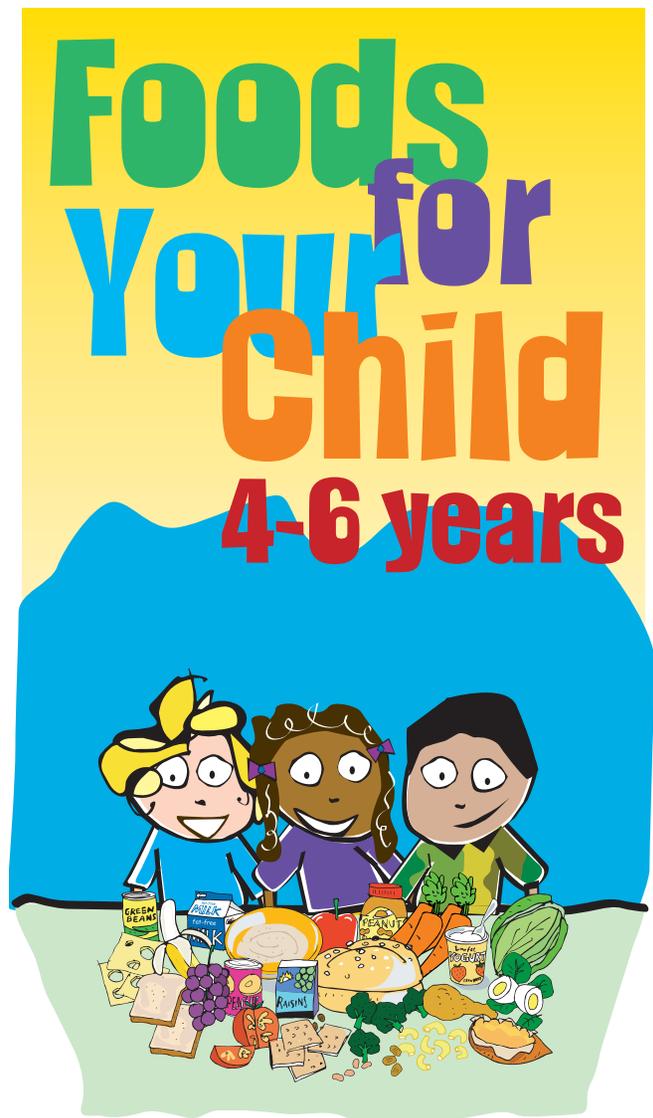
Dinner

2-3 oz. broiled chicken
½ cup green beans
½ cup sweet potatoes
1 cup lowfat milk
1 oatmeal cookie



Tips for Feeding Your Child

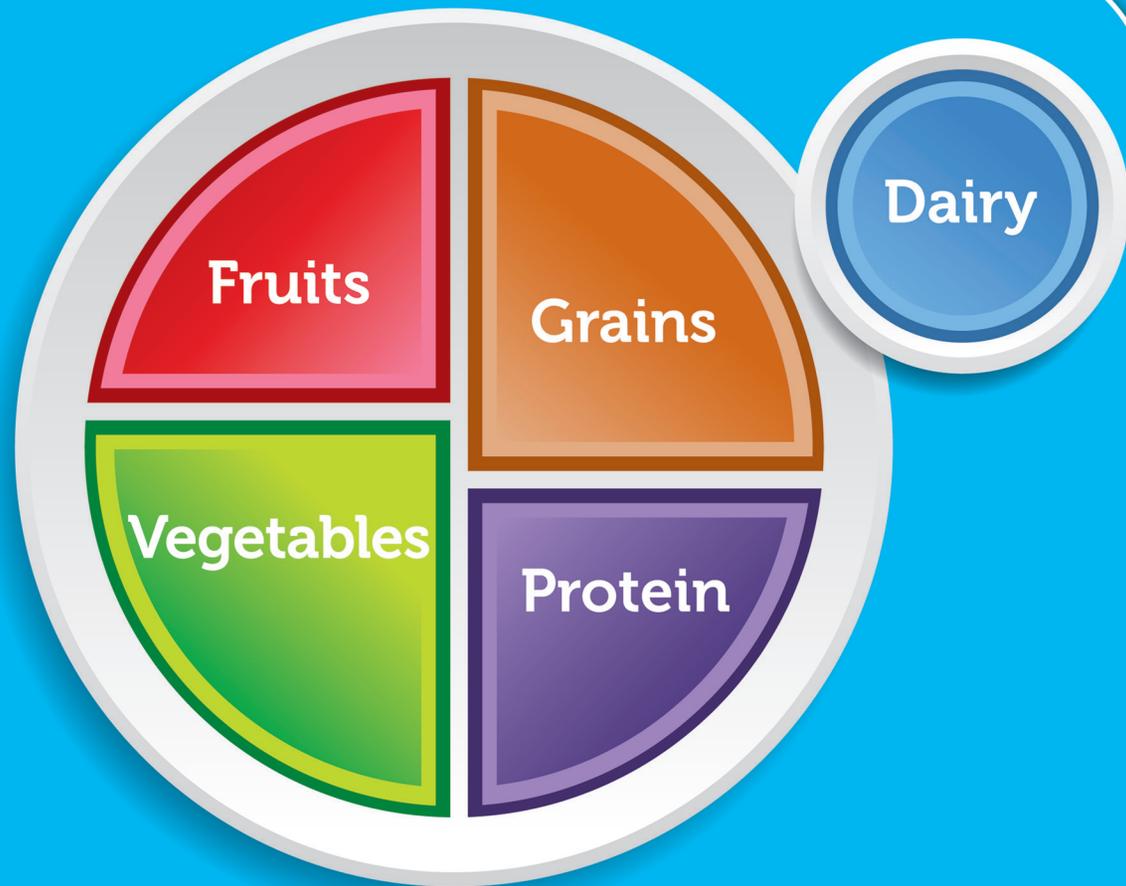
-  Offer a variety of foods at regularly scheduled meals and snacks. Children like having a routine time to eat.
-  Children like eating with the family and want to eat what you eat. Set a good example for your child.
-  Let your child's appetite be your guide because your child's appetite may vary day to day. Do not 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 everyday. This helps your child grow in a healthy way.



Tips For

New Jersey WIC Services 2012





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Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents:
get 60 minutes or more a day.



Make half your grains whole.

◆
Make half your plate fruits & veggies.

◆
Switch to fat free or low-fat (1%) milk.

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Drink water instead of sugary drinks.

