Sample Menu

Breakfast

whole grain cereal
lowfat milk
give whole milk to
children under 2 years old
small banana

Snack

graham crackers
apple slices

Lunch

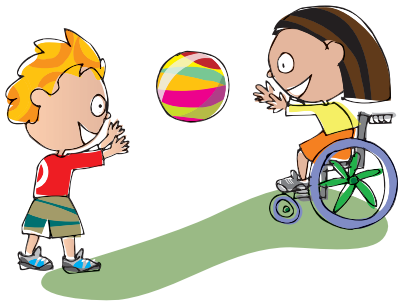
turkey & cheese cubes
whole wheat crackers
green beans
melon
lowfat milk

Snack

yogurt

Dinner

chicken
cooked broccoli
plain noodles
lowfat milk
small oatmeal cookie



Tips for Feeding Your Child

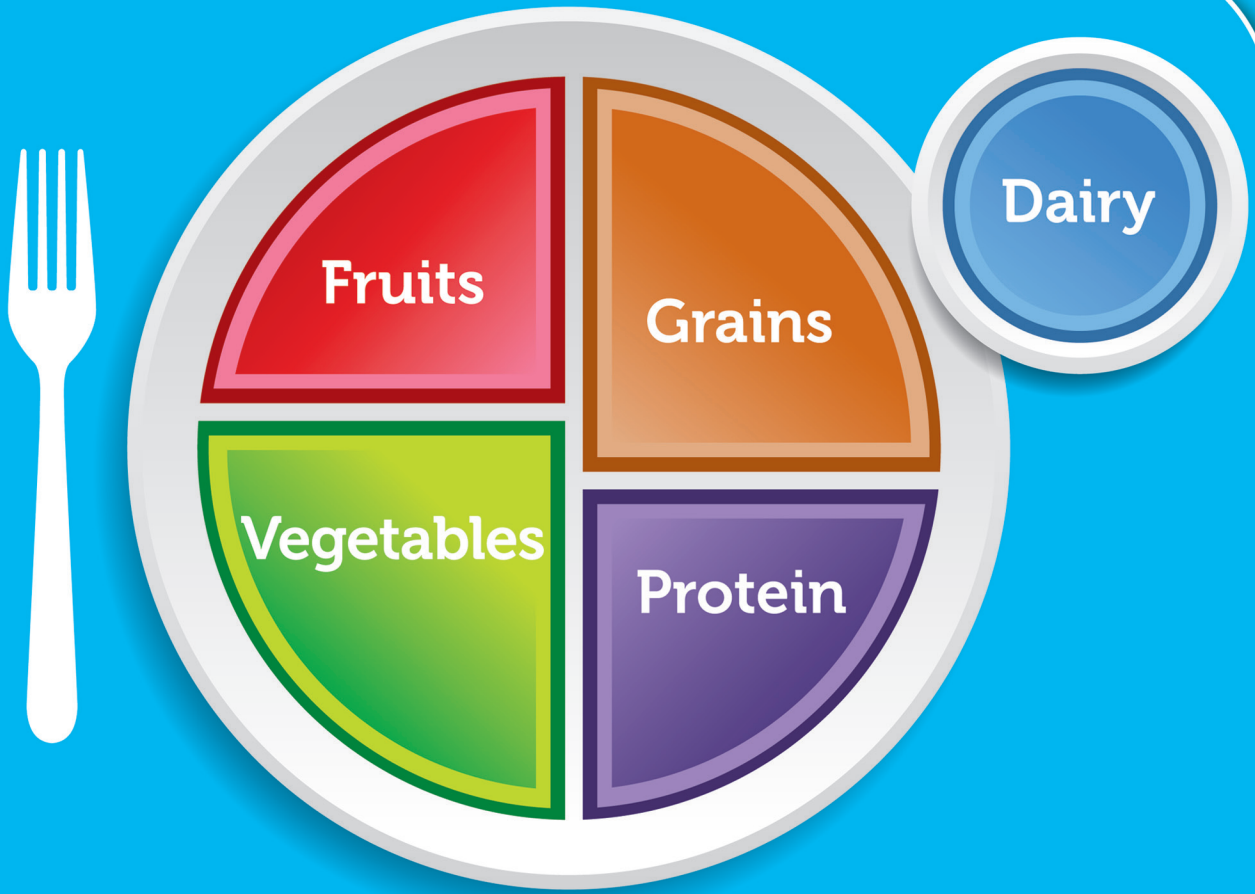
- By the age of one all liquids should be offerred to children in a cup. Only in a cup!
- If your child gets thirsty between meals and snacks, offer water.
- Mealtime should be a relaxed and happy time. Set a good example for your children.
- Let your child's appetite be your guide. Don't force your child to eat. It is normal for your child's appetite to vary from day to day. Don't be concerned if your child is fussy and refuses to eat.
- Expect your child's growth and appetite to slow down around 2 years of age.
- Tastes change. Food once refused may be later accepted. Keep offering different foods to your child.
- During the preschool years, your child may want to eat the same foods for several days. Don't worry; usually these "food jags" are short lived.
- Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

New Jersey WIC Services 2012

C1806

Foods for Your Child 1-3 years

Tips For



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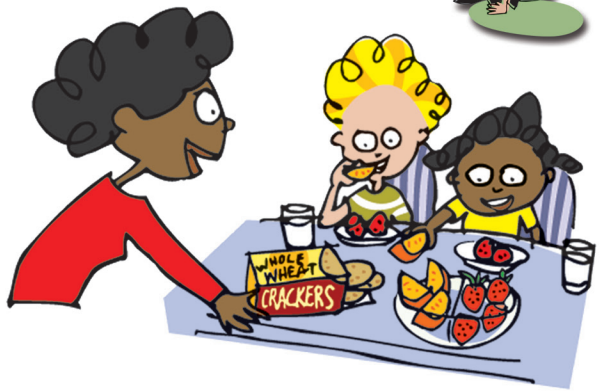
DAIRY
2 servings a day:
1 cup of milk
8 oz. of yogurt
1 ½ ounces of cheese

GRAINS
3-5 servings a day:
1 slice of bread,
½ cup rice, pasta or oatmeal
6 inch tortilla
4 crackers

FRUIT
2-3 servings a day:
Small piece of fruit
4 oz. juice
½ cup fruit

VEGETABLES
1-1 ½ cups a day:
Aim for a variety
1/2 cup cooked vegetable
1 cup raw vegetable

MEAT and BEANS
2-4 servings a day:
1 egg
1 ounce meat, chicken or fish
½ cup of beans
1 Tbs peanut butter

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.