




# The First 5 Years: What to Feed Your Child







Foods	1 Year	2 and 3 Years
<b>Bread, Cereal, &amp; Grains</b> (6 servings/day)	<ul style="list-style-type: none"> <li>One serving = ½ slice bread, ¼ - ½ cup unsweetened dry cereal, ¼ cup cooked cereal/rice/noodles, or 3 crackers</li> <li>Offer whole-grain breads and cereals for more fiber.</li> </ul>	<ul style="list-style-type: none"> <li>One serving = ½ slice bread, ¼ - ½ cup unsweetened dry cereal, ¼ cup cooked cereal/rice/noodles, or 3 crackers</li> <li>Offer whole-grain breads and cereals for more fiber.</li> </ul>
 <b>Vegetables</b> (3 - 5 servings/day)	<ul style="list-style-type: none"> <li>One serving = 2 - 3 Tablespoons</li> <li>Offer at least 1 serving of dark green or yellow vegetable each day.</li> </ul> <p><i>Good choices:</i> carrots, broccoli, spinach, sweet potato, squash</p>	<ul style="list-style-type: none"> <li>One serving = 2 - 3 Tablespoons</li> <li>Offer at least 1 serving of dark green or yellow vegetable each day.</li> </ul> <p><i>Good choices:</i> carrots, broccoli, spinach, sweet potato, squash</p>
 <b>Fruit</b> (2 - 4 servings/day)	<ul style="list-style-type: none"> <li>One serving = ¼ - ½ cup</li> <li>No more than 4 - 6 ounces of 100% fruit juice per day (from a cup, not a bottle).</li> <li>Offer at least 1 fruit high in vitamin C each day.</li> </ul> <p><i>Good sources of vitamin C:</i> strawberries, orange, mango, melon</p>	<ul style="list-style-type: none"> <li>One serving = ¼ - ½ cup</li> <li>No more than 4 - 6 ounces of 100% fruit juice per day (from a cup, not a bottle).</li> <li>Offer at least 1 fruit high in vitamin C each day.</li> </ul> <p><i>Good sources of vitamin C:</i> strawberries, orange, mango, melon</p>
<b>Milk &amp; Milk Products</b> (3 servings/day)	<ul style="list-style-type: none"> <li>One serving = ½ cup milk, ½ cup yogurt, or 1 slice cheese (1 oz)</li> <li>It is now okay to offer cow's milk. Use whole milk (not 2%, 1%, or nonfat milk).                             <ul style="list-style-type: none"> <li>No more than 24 oz per day.</li> </ul> </li> <li>Wean child from bottle to cup.</li> </ul> 	<ul style="list-style-type: none"> <li>One serving = ½ cup milk, ½ cup yogurt, or 1 slice cheese (1 oz)</li> <li>After age 2, make a gradual switch from whole milk to 2%, 1%, or nonfat milk.                             <ul style="list-style-type: none"> <li>No more than 16 oz per day.</li> </ul> </li> <li>Offer fluids in a cup only.</li> </ul>
<b>Meat and Other Protein Foods</b> (2 - 3 servings/day)	<ul style="list-style-type: none"> <li>One serving = ⅛ - ¼ cup finely chopped pieces of chicken/turkey/beef/pork, ⅓ cup cooked beans/peas/lentils/ tofu, or 1 egg</li> </ul>	<ul style="list-style-type: none"> <li>One serving = ⅛ - ¼ cup finely chopped pieces of chicken/turkey/beef/pork, ⅓ cup cooked beans/peas/lentils/ tofu, 1 egg, or 1 Tablespoon peanut butter (creamy or chunky)</li> </ul>
<b>Fats, Oils &amp; Sweets</b> (Limit servings)	<ul style="list-style-type: none"> <li>Limit sweets and fast foods to once in a while.</li> <li>Animal fats and vegetable oils are important sources of calories and nutrition for toddlers.</li> </ul>	

**Portion Sizes:** Offer your child 1 Tablespoon of each food during mealtime for each year of age (Example: A 2 year-old gets 2 Tablespoons of each food). Continue to offer more food during the meal but do not force-feed your child.

**Choking Hazards:** Children less than 4 years old may choke on raisins, grapes, hot dogs, nuts, seeds, popcorn, raw vegetables, or other hard small foods. Children less than 2 years old may also choke on peanut butter. Parents should always supervise meals.

# The First 5 Years: What to Feed Your Child

Foods	4 and 5 Years
<b>Bread, Cereal, &amp; Grains</b> (6 servings/day) 	<ul style="list-style-type: none"> <li>• One serving = 1 slice bread, ½ cup unsweetened dry cereal, ½ cup cooked cereal/rice/noodles, or 4 - 5 crackers</li> <li>• Offer whole-grain breads and cereals for more fiber.</li> </ul>
<b>Vegetables</b> (3 - 5 servings/day) 	<ul style="list-style-type: none"> <li>• One serving = ⅓ - ½ cup cooked or raw vegetables</li> <li>• Offer at least one serving of dark green or yellow vegetable each day.</li> </ul> <p><i>Good sources:</i> carrots, broccoli, spinach, squash, sweet potatoes</p>
<b>Fruit</b> (2 - 3 servings/day) 	<ul style="list-style-type: none"> <li>• One serving = ½ - 1 cup fruit</li> <li>• No more than 4 - 6 ounces of 100% fruit juice per day from a cup.</li> <li>• Offer at least 1 fruit high in vitamin C each day.</li> </ul> <p><i>Good source of vitamin C:</i> strawberries, orange, mango, melon</p>
<b>Milk &amp; Milk Products</b> (3 servings/day)	<ul style="list-style-type: none"> <li>• One serving = ¾ cup milk, ¾ cup yogurt, or 1 slice cheese (1 oz)</li> <li>• Only 8 - 16 oz of milk per day.</li> </ul>
<b>Meat &amp; Meat Alternatives</b> (2 - 3 servings/day)	<ul style="list-style-type: none"> <li>• One serving = 1½ ounces (3 Tablespoons) chicken/turkey/beef/pork, ½ cup cooked beans/peas/lentils/tofu, 1 egg, or 2 Tablespoons peanut butter</li> </ul> 
<b>Fats, Oils &amp; Sweets</b> (Limit servings)	<ul style="list-style-type: none"> <li>• Limit sweets and fast foods to once in a while.</li> <li>• Animal fats and vegetable oils are important sources of calories and nutrition for toddlers.</li> </ul>

**Allergies:** If there is a family history of food allergies (such as peanuts, tree nuts, fish, and shellfish), avoid these foods until 2 years of age. Introduce these foods one at a time and wait 3- 4 days before trying another new food. This makes it easier to see if your child is allergic to a certain food.

**Food Refusals:** Your child may refuse a new food several times before he/she decides they like the food. Continue to offer these foods. It may take up to 10 - 20 refusals before your child decides he/she likes or dislikes the food.

**Oral Care:** The American Academy of Pediatrics recommends using fluoride toothpaste as soon as the first tooth appears. (Be sure the amount of toothpaste is no bigger than a “smear” (or the size of a grain of rice) until age 3 years. After age 3, a pea-sized amount of toothpaste is appropriate.) Your child’s Doctor or Dentist may prescribe dietary fluoride supplements if necessary.