



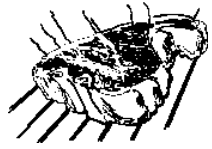


These guidelines will help you decide which foods and how much to offer from the Five Food Groups. You may need to add more servings of food to meet your child's calorie needs, especially during periods of rapid growth.

Courtesy of Genesys Health System

FOOD GROUP	FOOD	DAILY SERVINGS	SUGGESTED SERVING SIZE
BREAD/CEREAL  Offer at least one serving of iron fortified food from this group every day.	For Example: ready-to-eat cereal cereal, cooked noodles spaghetti roll bagel bread rice muffins crackers	8	1 serving = 1/2 slice bread 1/4 bagel 1/4 cup cooked cereal 1/2 cup ready-to-eat cereal 1/4 cup noodles, spaghetti or rice 2 2" square crackers
VEGETABLE  From either the vegetable or fruit group, offer: * a Vitamin A source every other day and * a Vitamin C source every day.	For Example: Vitamin A Sources carrots sweet potato spinach squash greens broccoli Vitamin C Sources tomato potato green pepper cabbage green peas	3	1 serving = 1/4 cup cooked 1/2 cup raw leafy 1/2 cup juicy
FRUIT 	For Example: Vitamin A Sources cantaloupe peaches apricots Vitamin C Sources oranges grapefruit strawberries cantaloupe	2	1 serving = 1/4 cup canned or in jars 1/2 small, raw 1/2 cup juice
MILK  Offer whole (Vitamin D) milk for children 1-2 years old.	For example: milk cottage cheese frozen yogurt cheese yogurt ice cream	5	1 serving = 1/2 cup milk 1 1" square cheese cube 1 slice processed cheese 1/2 cup yogurt
MEAT 	For Example: beef chicken, turkey peanut butter beans (cooked) pork fish egg dried peas	3	1 serving = 1 oz. lean meat, fish or poultry 1 egg 1/2 cup cooked, dry beans/peas 2 Tbsp. peanut butter
FATS/OILS	For example: bacon, butter, margarine, salad dressing, vegetable oils, etc.		Fat is needed for young children to grow well. Children under the age of two should not be on low fat diets like some adults. Your child needs the energy provided by the fat in food or added fat like butter, margarine and oils.

Sweets: Foods such as cake, pie, donuts, candy, sugar, pop, and most fruit flavored drinks provide mainly calories and are not a good source of vitamins and minerals.

Reference: United Dairy Industry of Michigan



SAMPLE MENU

Breakfast	Iron fortified cereal with milk Juice or small banana, peeled orange slices
Snack	Peanut butter on toast Juice or milk
Lunch	Chicken salad or tuna fish sandwich Baby carrots/peas Peeled apple slices/small banana Milk
Snack	Yogurt Crackers Water/juice/milk
Dinner	Chicken/turkey Mashed potatoes Green beans Milk Breadstick with butter Pudding
Snack	Peanut butter and jelly sandwich Milk

‡ Only offer whole milk to children up to 2 years old

HEALTH FEEDING TIPS

- ★ Because a young child has a small stomach, a snack may be required between meals. Snacks may include cheese, crackers, fruit yogurt.
- ★ It is important to offer a variety of food both in texture and flavor as the toddler will be less likely to grow up with food dislikes.
- ★ It is important that the child's intake of fruit juice does not replace foods such as breads and milk.
- ★ Children should eat their meals at the family table. This way they will also have an opportunity to learn table manners while enjoying meals with a family group.
- ★ Dessert ideas may include: yogurt, fruit, graham crackers, pudding, jello, ice cream.

‡ A tablespoon of each food offered for each year of age is a good guide to follow. The toddler will ask for more food if their appetite is not satisfied.