

# 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 offered 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.

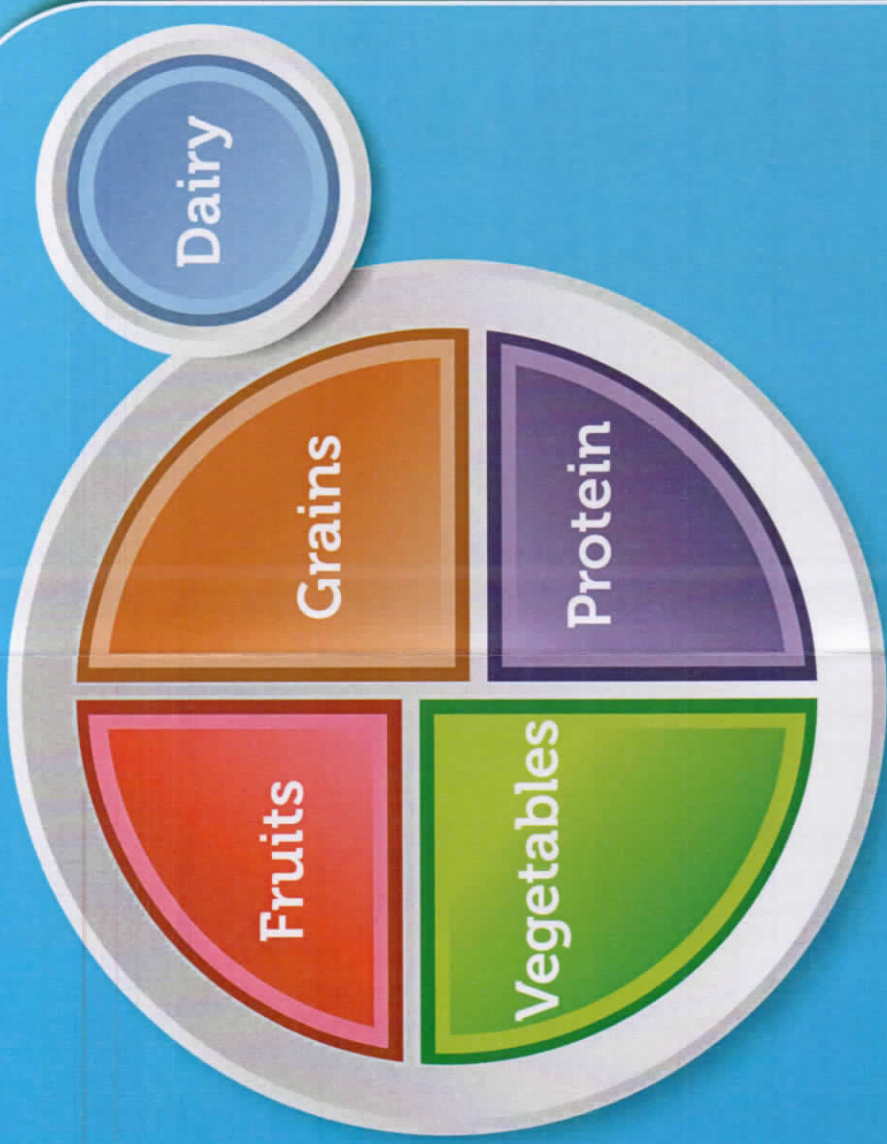
# Foods for Your Child 1-3 years



## 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.



**DAIRY**

**2 servings a day:**

- 1 cup of milk
- 8 oz. of yogurt
- 1 1/2 ounces of cheese

**GRAINS**

**3-5 servings a day:**

- 1 slice of bread,
- 1/2 cup rice, pasta or oatmeal
- 6 inch tortilla
- 4 crackers

**FRUIT**

**2-3 servings a day:**

- Small piece of fruit
- 4 oz. juice
- 1/2 cup fruit

**VEGETABLES**

**1-1 1/2 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
- 1/2 cup of beans
- 1 Tbs peanut butter

