

# 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.

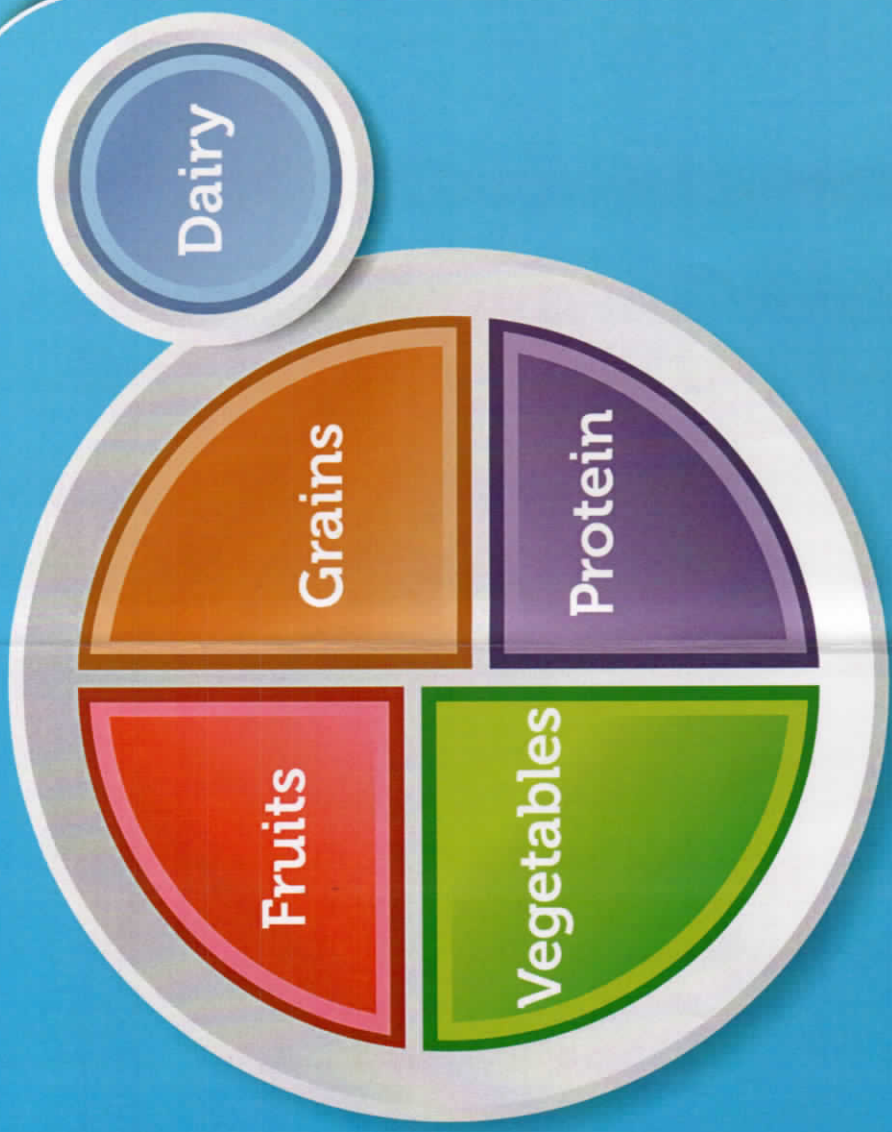
New Jersey WIC Services 2012



# Foods for Your Child 4-6 years



## Tips For



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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.
- ◆ Drink water instead of sugary drinks.

