



# Feeding Young Children



Food Group	Toddlers (ages 2-3 yrs)	Preschoolers (ages 4-5 yrs)
<p>Bread, Pasta, Rice &amp; Cereal</p> <p><b>Make half your choices whole grains.</b></p> <p>(Pretzels and popcorn may cause choking in children under the age of three or four.)</p>	<p><b>1/2 ounce grain equivalents:</b></p> <ul style="list-style-type: none"> <li>1/4 cup rice, pasta or cereal</li> <li>1/2 cup ready-to-eat cereal</li> <li>3 crackers</li> <li>1 graham cracker sheet (4 crackers)</li> <li>1/2 slice bread, roll, pancake, waffle or tortilla</li> </ul> <p>Daily recommended amount: 3 - 4 ounces/day</p>	<p><b>1 ounce grain equivalents:</b></p> <ul style="list-style-type: none"> <li>1/2 cup rice, pasta or cooked cereal</li> <li>1 cup ready-to-eat cereal</li> <li>6 crackers</li> <li>2 graham cracker sheets (8 crackers)</li> <li>1 slice bread or 1/2 roll, bagel or English muffin</li> <li>1 tortilla</li> <li>1 pancake, 4 1/2" diameter</li> </ul> <p>Daily recommended amount: 5 ounces /day</p>
<p>Vegetables &amp; Fruits</p> <p>(Whole grapes, raisins, raw carrots and raw celery may cause choking in children under the age of three or four.)</p>	<p><b>No more than 1/2 cup of juice a day</b></p> <p>Daily recommended amount: 1 cup fruits + 1 - 1 1/2 cups vegetables/day</p>	<p><b>No more than 3/4 cup of juice a day</b></p> <p>Daily recommended amount: 1 1/2 cups fruits + 1 1/2 cups vegetables/day</p>
<p>Milk, Yogurt, Cheese</p>	<p><b>1 cup milk equivalents:</b></p> <ul style="list-style-type: none"> <li>1 cup yogurt</li> <li>1 1/2 oz. hard cheese</li> <li>2 oz. processed cheese (~2 1/2 slices pre-wrapped)</li> </ul> <p>Daily recommended amount: 2 cups milk/day</p>	<p><b>1 cup milk equivalents:</b></p> <ul style="list-style-type: none"> <li>1 cup yogurt</li> <li>1 1/2 oz. hard cheese</li> <li>2 oz. processed cheese (~2 1/2 slices pre-wrapped)</li> </ul> <p>Daily recommended amount: 2 cups milk/day</p>
<p>Meat, Poultry, Fish, Dry Beans &amp; Nuts</p> <p>(Peanut butter*, seeds, nuts and chunks of meat may cause choking in children under the age of three or four.)</p>	<p><b>The following equal 1 oz. of meat, fish, or poultry:</b></p> <ul style="list-style-type: none"> <li>1 egg</li> <li>1 Tbsp. <b>creamy</b> peanut butter (*Spread thin on bread or crackers)</li> <li>1/4 cup cooked dried beans or peas</li> </ul> <p>Daily recommended amount: 2 - 3 ounces/day</p>	<p><b>The following equal 1 oz. meat, fish, poultry:</b></p> <ul style="list-style-type: none"> <li>1 egg</li> <li>1 Tbsp. peanut butter (*Spread thin on bread or crackers)</li> <li>1/4 cup cooked dried beans or peas</li> <li>1/2 ounce nuts or seeds</li> </ul> <p>Daily recommended amount: 4 ounces/day</p>

