



Bottle or Cup?

- Your child should now be drinking from a cup or glass.
- Bottle-feeding or using a sippy cup after age 1 can lead to dental problems.
- Too much fluid may decrease your child's desire for solid foods.

Making Mealtimes Happy

- Serve small portions — let children ask for seconds. Introduce new foods along with favorite foods.
- Offer finger foods frequently.
- Relax — don't bribe or reward with food.
- Children are more likely to eat foods they help prepare.
- Don't force your child to eat.
- Young children are easily distracted — keep the television off when eating.
- Offer foods with a variety of colors and textures.
- Children like to eat with the rest of the family.



Physical Activity is Important

- Play with your child every day.
- An overweight child may not be healthy.
- Limit screen time to less than 2 hours each day.

Normal Behavior

- Food held in the mouth may be a way of tasting food.
- Your child may want to eat the same food for several days. Don't worry.
- Tastes change. Foods once refused may later be accepted. Keep trying!
- Playing with food could mean your child is not hungry, wants attention or is not feeling well.
- Be ready for spills and messes as your child learns to feed herself.



Growth and Appetite

- Expect your child's growth and appetite to slow down between the ages of 1 and 2 years.
- Appetites differ from day to day, from year to year, and from child to child. Let your child's appetite be the guide.
- By age 1 your child should be sleeping through the night. Offer a cup or glass of water rather than food or milk if your child wakes during the night.

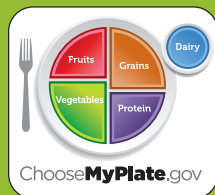


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What to Feed Your 1–5 Year Old



Daily Amounts for Your 1–5 Year Old



Grain Group

3–5 Servings/day

1–3 Year Old

Serving Size

- ½ slice bread
- ½ cup dry cereal
- ¼ cup cooked cereal
- ¼ cup cooked rice/pasta
- 3 crackers

4–5 Year Old

4–5 Servings

Serving Size

- 1 slice bread
- 1 cup dry cereal
- ½ cup cooked cereal
- ½ cup cooked rice/pasta
- 5–6 crackers



Vegetable Group

1-1½ Cups/day

- ¼ cup cooked/raw = ¼ cup
- ½ cup leafy = ¼ cup

- ½ cup cooked/raw = ½ cup
- 1 cup leafy = ½ cup



Fruit Group

1-1½ Cups/day

- ½ medium fruit = ½ cup
- ¼ cup cooked/raw = ¼ cup
- ¼ cup dried = ½ cup
- 4 oz. 100% juice = ½ cup

- 1 medium fruit = 1 cup
- ½ cup cooked/raw = ½ cup
- ½ cup dried = 1 cup
- 4 oz. 100% juice = ½ cup



Milk Group

2 Cups/day

- 4 oz. milk = ½ cup*
- 4 oz. yogurt = ½ cup
- 1 oz. slice cheese = ½ cup

- 4 oz. low fat milk = ½ cup
- 4 oz. low fat yogurt = ½ cup
- 1 oz. slice cheese = ½ cup



Meat and Beans Group

2–4 Ounces/day

- 1 oz. cooked meat/fish/poultry = 1 oz.
- 1 egg = 1 oz.
- ¼ cup salmon/tuna = 1 oz.
- ¼ cup dried beans or peas = 1 oz.

- 2 oz. cooked meat/fish/poultry = 2 oz.
- 1 egg = 1 oz.
- ¼ cup salmon/tuna = 1 oz.
- ½ cup dried beans or peas = 2 oz.
- 1 Tbsp. peanut butter = 1 oz.

Sample Menu

Age	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1–3 Year Old	4 oz. (½ cup) milk* ½ cup dry cereal ½ banana	4 oz. (½ cup) milk* ½ peach	4 oz. (½ cup) milk* ½ cheese sandwich (1 slice cheese on whole grain bread) ¼ cup peas	4 oz. (½ cup) orange juice 1–2 graham crackers	4 oz. (½ cup) milk* 1 chicken leg ¼ cup rice ½ cup carrots	½ cup diced tomatoes & cucumbers
4–5 Year Old	4 oz. (½ cup) low fat milk 4 oz. (½ cup) 100% juice 1 scrambled egg ½ cup grits	4 oz. (½ cup) water ½ cup dry cereal ¼ cup raisins	4 oz. (½ cup) low fat milk 1 tuna sandwich (¼ cup tuna on whole grain bread) ½ cup green beans	4 oz. (½ cup) low fat milk 3–4 small carrot sticks	4 oz. (½ cup) low fat milk ½ cup pinto beans ½ cup collard greens 1 piece cornbread	1 medium banana

*1% milk is recommended for children age 2 or older.

Remember:

- Offer water to your child.
- Little stomachs need small, frequent feedings. Throughout the day, try to include a variety of food groups.
- Children under age 2 may choke on raisins, grapes, hot dogs, nuts, popcorn, peanut butter, marshmallows, raw vegetables or other small, round, hard or sticky foods.