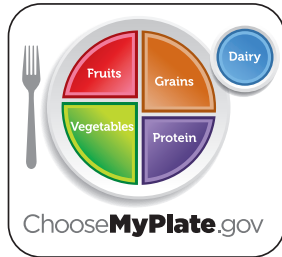


Building a Healthy Meal for Children Ages 3 to 5 Years



- ½ the plate colorful fruits & vegetables
- ½ the plate whole grains & 1 serving lean protein
- 1 serving of milk/dairy on the side or added onto the plate

Other Tips:

- Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.
- Provide small portions and allow your child to ask for more if still hungry.
- Serving sizes for children are typically ¼ of an adult's serving size.
- Your child may not eat the exact amount recommended from each food group every day. Try to balance food group servings over a few days or a week.
- Offer different foods from day to day. Encourage your child to choose from a variety of foods.

Building a Healthy Snack for Children Ages 3 to 5 Years

Pick two food groups to make a well-balanced snack.



Caution! These foods might cause choking:

raisins, uncut whole grapes, hot dogs, nuts, popcorn, spoonful of peanut butter or nut/seed butter, marshmallows, raw vegetables or other small, round, hard or sticky foods.

Building a Healthy Meal for Children Ages 3–5 Years



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Make Food Exciting

- Involve your child in meal planning, including menu planning and food shopping.
- Have your child look at weekly ads from grocery stores.
- Give them tasks, such as washing fruits and vegetables, setting the table, or cleaning up after the meal.
- Have them help in food preparation, such as breaking eggs, stirring or mixing ingredients, opening boxes, pouring into bowls.
- Use cookie cutters to make fun shapes.
- Allow your child to use their imagination with food.
- Explore dips as a way to try new foods.
- Make breakfast for dinner and dinner for breakfast.

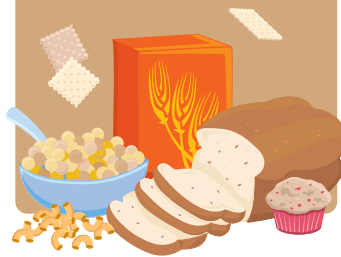
Make Mealtime Welcoming

- Ensure a quiet, pleasant and safe space for eating. Turn off the TV or music to limit distractions.
- Seat your child at the table so they are at stomach level with the table and in a position with feet supported.
- Plan a few minutes of quiet time before eating. A tired or excited child may not be interested in eating.
- Provide fun plates, colorful napkins, kid size utensils or colored straws.
- Be a role model – your child learns from watching you.
- Talk to your child about the food, flavors, textures, likes and dislikes.

Offer your child foods from each food group every day.

Grains

3 to 5 ounces/day
Serving size = 1 ounce



- 1 slice whole grain bread
- 1 cup ready to eat dry cereal
- ½ bagel, bun, English muffin
- 1 6-inch tortilla
- 4 to 6 whole grain crackers
- ½ cup cooked grits/oatmeal
- ½ cup cooked rice/pasta

Milk/Dairy

2 to 2 ½ cups/day
Serving size = ½ cup



- ½ cup (4 oz) cow's milk
- ½ cup (4 oz) fortified (WIC approved) soy milk
- ½ cup yogurt
- 1 cup cottage cheese
- 1 slice of cheese
- 1 stick of string cheese
- 3 tbs shredded cheese

Fruits

1 to 1 ½ cups/day
Serving size = ½ cup



- ½ to 1 small piece of fresh fruit
- ½ cup fresh fruit
- ½ cup thawed frozen fruit
- ½ cup canned fruit (canned in juice, not syrup)
- ½ cup berries or 4 to 5 large strawberries

100% fruit juice

- Max ½ cup (4 oz) per day
- Best diluted with water
- Choose WIC approved 100% fruit juices

Proteins

(Meat & Beans)

2 to 5 ounces/day
Serving Size = 1 to 2 oz



- ¼ cup cooked beans
- 1 oz. cooked meat
- 1 small, whole, cooked egg
- 1 oz. canned fish
- 4 to 5 tablespoons tofu
- 1 tablespoon of peanut butter, tree nut butter, or seed butter

Vegetables

1 ½ to 2 cups/day
Serving size = ½ cup



- ½ cup chopped vegetables
- ½ cup mashed vegetables
- ½ cup cooked vegetables
- ½ small cooked potato
- 1 cup leafy green vegetables
- 1 small ear of corn
- ½ cup (4 oz) 100% vegetable juice

Water/Fluid

5 cups of fluid per day



- Encourage plain water and cow's milk/soy milk over sweetened beverages
- Serve mostly plain water when your child says they are thirsty.