


# Feeding Guide for Young Children

Endorsed by Avera Children's Hospital & Clinics

*Offer 3 Meals and 2-3 Healthy Snacks Daily*

Food Group	1-2 Years	3-5 Years	6 Years	Tips
<b>Grains</b> (in ounce equivalents) Focus on whole grains	<b>3 ounces</b> Bread ½ slice Cereal ¼ cup Crackers 2 - 3	<b>6 ounces</b> Pasta ½ cup Cooked cereal/cereal ½ cup, 1 slice bread	<b>6 ounces</b> These foods provide fiber and are needed for growth and development.	Meals should include at least a starch, fruit or veggie, and protein
<b>Veggies</b> Pick a variety of colors	<b>1 cup</b> 2 - 3 Tbsp cooked ¼ cup fresh	<b>1 ½ cups</b> 3 - 4 Tbsp cooked ⅓ cup fresh	<b>2 cups</b> These foods provide fiber and help your child develop good eyesight and healthy skin and hair.	Snacks are mini meals to include at least 2 food groups
<b>Fruits</b> Choose whole fruits, limit juice to 1/2 cup per day	<b>1 cup</b> ¼ - ½ medium fruit 2 - 3 Tbsp canned ½ - 1 ½ Tbsp dried	<b>1 ½ cups</b> ½ medium fruit ¾ cup canned 1-2 Tbsp dried	<b>1 ½ cups</b> These foods help prevent infections.	Encourage children to drink water between meals. Sports drinks are not recommended for children.
<b>Meat, Poultry, Fish, Beans, Eggs</b> (in ounce equivalents)	<b>2 ounces</b> 1 ounce meat or meat equivalent	<b>4 ounces</b> 1-2 ounces meat or meat equivalent	<b>6 ounces</b> 1-2 ounces meat or meat equivalent These foods are a good source of protein and iron.	<b>Handy Portions</b>  <b>1 Tablespoon</b> <i>Same as to your first knuckle</i>   <b>1/2 cup cooked vegetables or pasta</b> <i>Same size as one cupped hand</i> 
<b>Milk, Yogurt, Cheese</b> Choose low-fat or fat free for kids over age 2	<b>2 cups</b> ½ cup milk, ½ cup yogurt, ½ ounce cheese	<b>2 cups</b> ¾ cup milk or yogurt, 1 ounce cheese	<b>3 cups</b> These foods keep bones and teeth strong.	
<b>Daily Amounts in green</b> Serving size for age in purple	<b>Grains - examples of an ounce equivalent:</b> ½ cup rice, ½ cup pasta, ½ cup oatmeal, 1 cup dry cereal, 1 slice bread	<b>Meat group equivalents:</b> 1 ounce meat, chicken, turkey, fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, ¼ cup dried beans	<b>Milk group:</b> 1 cup yogurt or 1½ ounces cheese = 1 cup milk	