

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