Feed young children a good diet each day.
A good diet for children 1 to 5 years old has foods from each food group.

**Milk and Cheese**
3 or more servings
A child's serving is:
- 1/2 or 3/4 cup of milk
- 1/2 cup of pudding
- 1 slice of cheese
- 1/2 cup of ice cream

**Meat, Fish, Poultry, and Dried Beans**
2 or more servings
A child's serving is:
- 1 hot dog
- 1 small meat patty
- 1 piece of chicken
- 2 tablespoons of peanut butter (add applesauce for infants and toddlers)

**Fruits**
2 to 4 servings
A child's serving is:
- 1/2 orange
- 1/2 apple
- 1/2 cup of juice

**Vegetables**
3 to 5 servings
A child's serving is:
- 1 stalk of broccoli
- 1/2 baked potato
- 3/4 to 1/2 cup of cooked vegetable

**Whole Grain or Enriched Breads and Cereals**
6 to 11 servings
A child's serving is:
- 1/2 to 1 slice of bread
- 1/2 cup of rice, spaghetti, or macaroni
- 1 biscuit, roll, or muffin
- 1/2 cup of cereal

**Fats and Sweets**
Children do not need much. These foods have lots of calories. They do not have many nutrients.
- 1/2 or 3/4 cup of milk
- 1/2 cup of ice cream
- 1/2 cup of pudding
- 1/2 cup of cooked dry beans

**Make eating fun for young children.**
- Give them foods they can hold in their hands.
  - pieces of fruit
  - hot dog
  - small sandwiches
  - chicken
- Fix foods that are soft and smooth.
  - pudding
  - baked custard
  - banana
  - mashed potatoes
- Use a small glass or cup.
- Use a small plate.
- Fix foods that are crunchy.
  - apple
  - carrot sticks
  - celery sticks
  - crackers
- Let them feed themselves.
  - Let them eat with their fingers.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:

 Expanded Food & Nutrition Education Program

Evelyn F. Crayton,
Extension Foods & Nutrition Specialist

Feeding Young Children
Children need the same foods you need. Give them small servings. Feed them a good diet. Give them the foods they like. Teach them to eat new foods, too.

Give them good foods for snacks:
- fruit or fruit juice
- cheese and crackers
- popcorn
- cookies and milk

Young children need good food. Good food makes them grow. It keeps them healthy. It makes them feel good.