Sample Menu

Breakfast
whole grain cereal
lowfat milk
give whole milk to children under 2 years old
small banana

Snack
graham crackers
apple slices

Lunch
turkey & cheese cubes
whole wheat crackers
green beans
melon
lowfat milk

Snack
yogurt

Dinner
chicken
cooked broccoli
plain noodles
lowfat milk
small oatmeal cookie

Tips for Feeding Your Child

By the age of one all liquids should be offered to children in a cup.
Only in a cup!

If your child gets thirsty between meals and snacks, offer water.

Mealtime should be a relaxed and happy time. Set a good example for your children.

Let your child's appetite be your guide. Don't force your child to eat. It is normal for your child's appetite to vary from day to day. Don't be concerned if your child is fussy and refuses to eat.

Expect your child's growth and appetite to slow down around 2 years of age.

Tastes change. Food once refused may be later accepted. Keep offering different foods to your child.

During the preschool years, your child may want to eat the same foods for several days. Don't worry; usually these “food jags” are short lived.

Active play and exercise should be encouraged everyday. This helps your child grow in a healthy way.

New Jersey WIC Services 2012
Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

**DAIRY**
- 2 servings a day:
  - 1 cup of milk
  - 8 oz. of yogurt
  - 1 ½ ounces of cheese

**GRAINS**
- 3-5 servings a day:
  - 1 slice of bread,
  - ½ cup rice, pasta or oatmeal
  - 6 inch tortilla
  - 4 crackers

**FRUIT**
- 2-3 servings a day:
  - Small piece of fruit
  - 4 oz. juice
  - ½ cup fruit

**VEGETABLES**
- 1-1 ½ cups a day:
  - Aim for a variety
  - 1/2 cup cooked vegetable
  - 1 cup raw vegetable

**MEAT and BEANS**
- 2-4 servings a day:
  - 1 egg
  - 1 ounce meat, chicken or fish
  - ½ cup of beans
  - 1 Tbs peanut butter