

# Child Feeding Guide (✓ off list)

# Ages 4 - 8 years

## Grains: 4-5 one ounce equivalents/day



### Examples of 1 ounce equivalents:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- 1 slice bread
  - ½ cup cooked cereal
  - ½ cooked pasta or rice
  - 1 ounce (¾ c.) cold cereal
  - 1 small muffin(whole wheat, plain)
  - 1 pancake
  - 3 cups popped popcorn
  - 1 small tortilla
  - 7 saltines

### Notes:

## Vegetables: 1-1/2 cups/day



### Examples of 1 cup equivalents:

- \_\_\_\_\_
  - \_\_\_\_\_
- 1 cup raw or cooked vegetables
  - 2 cups raw leafy vegetables
  - 6 ounces vegetable juice
  - 1 medium potato
  - 1 large tomato
  - 12 baby carrots

### Notes:

## Fruits: 1-1/2 cups/day



### Examples of 1 cup equivalents:

- \_\_\_\_\_
  - \_\_\_\_\_
- 1 medium piece of fruit
  - 1 cup fresh, frozen or canned fruit
  - 6-8 ounces 100% fruit juice
  - ½ cup dried fruit

### Notes:

## Dairy/Dairy products: 2 cups/day



### Examples of 1 cup dairy:

- \_\_\_\_\_
  - \_\_\_\_\_
- 1 cup milk
  - 1 cup yogurt
  - 1-1/2 ounces natural cheese
  - 2 ounces processed cheese
  - 1-1/2 cups ice cream
  - 1 cup pudding made with milk
  - 1/3 cup shredded cheese

### Notes:

## Meat/Alternatives:

3-4 one ounce equivalents/day



### Examples of 1 ounce equivalents:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- 1 ounce meat, poultry or fish
  - ¼ cup dry beans or baked beans
  - 1 egg
  - 1 T. peanut butter
  - ½ ounce nuts or seeds
  - ¼ cup tofu
  - 2 T. hummus

### Notes:

## Oils: 4 teaspoons



### Examples of 1 tsp. of oil:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- ½ T. of peanut butter
  - 1 T. mayonnaise
  - 1 T. Italian dressing

### Notes: