



Feeding Your Child

Parents or Caregivers are responsible for what food is served and when and where it is served. Children are responsible for how much they eat and whether or not they eat at all.

GRAINS

Make Half their Grains Whole

Look for the word “whole” on the ingredients list. Whole grains include:

- 100% whole wheat bread
- whole wheat pastas
- whole grain WIC cereals
- brown rice

1 oz. is about:

- 1 slice of bread
- 1 cup of breakfast cereal
- ½ cup of cooked rice, cereal, or pasta

Daily Goal

Age 2 - 3 oz.
Age 3 - 3 oz.
Age 4 - 5 oz.

DAIRY

Serve Calcium-rich Foods

Choose lowfat, or nonfat when you choose milk, yogurt, and other milk products.

If your child doesn't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Daily Goal

Age 2 - 2 cups
Age 3 - 2 cups
Age 4 - 2½ cups

VEGETABLES

Vary the Veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Include more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Daily Goal

Age 2 - 1 cup
Age 3 - 1 cup
Age 4 - 1½ cup

FRUITS

Focus on Fruits

Enjoy a variety of fruit.

Choose fresh, frozen, canned, and dried fruit.

Limit juice to 6 oz. per day.

Daily Goal

Age 2 - 1 cup
Age 3 - 1 cup
Age 4 - 1 to 1½ cups

PROTEIN FOODS

Go Lean with Protein

Choose lean meats and poultry. Bake it, broil it, or grill it.

Vary your protein routine.

- Choose more fish, beans, peas, nuts, and seeds.

3 oz. of protein is about the size of a deck of playing cards.

Daily Goal

Age 2 - 2 oz.
Age 3 - 2 oz.
Age 4 - 4 oz.

NUTRITION NOTES

- A serving size for a child is usually 1 tablespoon for every year of age.
- There will be times when your child will only want one food to eat. The best thing to do is continue to offer a variety of healthy foods at meal and snack times. Your child will outgrow this phase.

HEALTHY TIPS

MAKE SNACKS COUNT

Snacks are important because children often can't eat enough during regular meal times to satisfy all of their nutritional needs. Establish regular meal and snack times. Space snacks a couple of hours before the next meal and a couple of hours after the last meal.

HEALTHY SNACK IDEAS

- quartered sandwiches
- ready-to-eat cereals
- thin slices of cheese
- whole grain toast or crackers
- pieces of fresh or canned fruit
- low-fat or nonfat yogurt
- graham crackers and low-fat milk

KNOW THE LIMITS ON FATS, SUGARS, & SALTS

- Limit solid fats like butter, margarine, shortening, and lard, as well as foods containing these fats.
- Check the nutrition facts label and choose foods that are low in saturated fats and sodium.
- Offer food and beverages low in added sugars.

RETHINK THAT DRINK

- When your child is thirsty, try to encourage water instead of juice or milk.
- He or she may fill up on juice or milk and not eat the recommended amounts from the food groups.
- After 2 years of age, it is recommended that children begin drinking low-fat or nonfat milk.

DENTAL HEALTH

- Limit foods high in sugar such as soft drinks, candy, cookies, pastries, jams, syrups, and presweetened cereals.
- Encourage children to brush their teeth after meals and snacks.

REDUCE RISKS OF CHOKING

Always watch children during meals and snacks.

Keep the following foods from children until 4 years of age:

- nuts, seeds, and chunks of peanut butter
- hot dogs and chunks of meat and cheese
- whole grapes
- hard candies, popcorn, and chewing gum
- raw vegetables
- marshmallows

CREATE HEALTHY BONES

The American Academy of Pediatrics recommends that children who are ingesting less than 1 liter (1 quart) per day of vitamin D-fortified formula or milk, should receive a vitamin D supplement of 400 IU/Day. Since 1 quart of milk is in excess of the recommended 2 cups of milk per day for pre-school children, most children will require a vitamin D supplement.

AVOID HARMFUL SUBSTANCES

Alcohol, drugs, cigarettes and e-cigarettes (vaping) and other habits are harmful to you and your family.

- Tobacco is smoked in cigarettes, cigars, and pipes.
- Second-hand smoke is tobacco smoke in the air.
- Snuff is a form of smokeless or spit tobacco that is chewed, sniffed, or "dipped".
- Alcohol use includes drinking liquor, mixed drinks, beer, wine, and wine coolers.
- Stay off drugs. Anything that gets you high can harm your baby. Stay away from marijuana, crack, cocaine, heroin, ecstasy, meth, and other street drugs.
- Medicines (both those prescribed by a health-care provider and store-bought drugs, such as sleeping, pain, and diet pills) also can be harmful drugs when not used as directed.

REMEMBER

Alcohol, tobacco, and drug exposure are hazardous to a child. Eliminate substance use and give your child a healthy start.

For more information, including referrals, ask your WIC counselor.



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