



What to feed your kiddos

Children should be playing on the playground and drawing with crayons. In order to do these things they love, it is important we feed them the right foods. Here are recommendations you can follow when feeding your child.



vegetables

- ages 2-3:**
1 serving a day
- ages 4-8:**
1.5 servings a day
- ages 9-13:**
2-2.5 servings a day
- ages 14-18:**
2.5-3 servings a day

- eat lots of:**
- fresh veggies
 - cooked veggies
- eat less often:**
- veggies cooked in butter, oils or sauces
- limit:**
- french fries
 - onion rings



fruits

- ages 2-3:**
1 serving a day
- ages 4-8:**
1-1.5 servings a day
- ages 9-13:**
1.5 servings a day
- ages 14-18:**
1.5-2 servings a day

- eat lots of:**
- whole fruits (fresh or frozen)
- eat less often:**
- dried fruits
 - fruit packaged in light syrup
- limit:**
- fruit packaged in heavy syrup



grains

- ages 2-3:**
3 servings a day
- ages 4-8:**
5 servings a day
- ages 9-13:**
5-6 servings a day
- ages 14-18:**
6-8 servings a day

- eat lots of:**
- whole grain bread
 - whole grain cereal
 - oatmeal
- eat less often:**
- white bread
 - pancakes (plain)
 - biscuits
- limit:**
- donuts & muffins
 - sugary cereal
 - pancakes w/ butter, syrup



meats & beans

- ages 2-3:**
2 serving a day
- ages 4-8:**
4 servings a day
- ages 9-13:**
5 servings a day
- ages 14-18:**
5-6.5 servings a day

- eat lots of:**
- chicken (baked, broiled)
 - beans & nuts
 - tuna (packed in water)
- eat less often:**
- peanut butter
 - eggs
 - red meats
- limit:**
- hot dogs
 - chicken nuggets
 - bacon



dairy

- ages 2-3:**
2 servings a day
- ages 4-8:**
2.5 servings a day
- ages 9-13:**
3 servings a day
- ages 14-18:**
3 servings a day

- eat lots of:**
- low-fat milk & cheese
 - light yogurt
- eat less often:**
- 2% milk
 - cheese sauce
- limit:**
- whole milk
 - full-fat cheese



sweets & snacks

- | | | |
|--|---|--|
| eat lots of: | eat less often: | limit: |
| <ul style="list-style-type: none"> • snacks from the items listed above | <ul style="list-style-type: none"> • popcorn • frozen yogurt • baked chips | <ul style="list-style-type: none"> • candy, candy bars • baked goods (cakes & cookies) • fruit drinks, soda |



pizza & pasta

- | | | |
|---|---|---|
| eat more of: | eat less often: | limit: |
| <ul style="list-style-type: none"> • english muffin pizza • pasta w/ tomato sauce & veggies | <ul style="list-style-type: none"> • regular/classic pizza • mac & cheese | <ul style="list-style-type: none"> • deep dish pizza • pasta w/ sausage |