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# What Should My Child Eat?



	12-18 Months	18-24 Months	2 Years Old	3-4 Years Old	Remember To...
Vegetables	3/4-1 cup	1 cup	1 cup	1 1/2 cups	Make half your plate fruits and vegetables. Choose a variety. Eat more dark-green and red and orange vegetables and beans and peas.
Fruits	3/4-1 cup	1 cup	1 cup	1 cup	
Grains	2 1/2 ounces	3 ounces	3 ounces	4 ounces	Make at least half your grains whole. Choose whole instead of refined grains.
Protein	2 ounces	2 ounces	2 ounces	3 ounces	Vary your protein food choices. Include seafood, beans, peas, and unsalted nuts and seeds.
Dairy	1 3/4-2 cups	2 cups	2 cups	2 1/2 cups	Replace higher fat milk and milk products with fat-free or low-fat options.

**VEGETABLES**  
1/4 cup of vegetables  
3-4 times per day

- 3 asparagus spears
- 1/3 ear of corn on the cob
- 1/4 medium carrot or 4 baby carrots
- 1/4 large sweet potato
- 1/2 cup raw leafy green vegetables
- 1/4 cup raw sliced cucumber

**FRUITS**  
1/4 cup of fruit  
3-4 times per day

- 1/4 small apple
- 1/4 large banana
- 1/4 cup chopped, cooked, or canned fruit
- 1/4 cup (2 ounces) 100% fruit juice
- 1/4 cup blueberries
- 1/4 cup grapes

**GRAINS**  
1 ounce of grain  
2-4 times per day

- 1/2 cup oatmeal
- 1 cup dry cereal
- 1/2 cup cooked pasta or rice
- 1 slice bread
- 5-7 crackers or 2 graham crackers

**PROTEINS**  
1 ounce of protein  
2-3 times per day

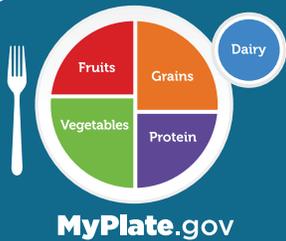
- 1 ounce cooked lean meat, poultry, or fish
- 1/4 cup cooked beans or peas
- 1 slice sandwich meat
- 1 egg
- 1 tablespoon peanut butter

**DAIRY**  
1 cup of dairy  
1-3 times per day

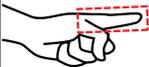
- 1 cup dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1 1/2 ounces hard cheese
- 1 cup lactose free dairy milk

## Tips for Feeding Your Child

- Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Avoid foods and beverages with added sugars and choose those with lower sodium.
- Toddlers can fill up on drinks. Offer water if your child is thirsty in between meals.
- Serve foods in small portions at meal and snack times.
- Try serving a new food alongside a familiar food in the same meal. It may take up to 8 to 10 tries for a child to accept a new food.
- When children are hungry, they usually let you know. Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know. Recognizing and responding to these cues helps children learn how to self-regulate their intake.



# Serving Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
<b>Dairy: Milk, Yogurt, Cheese</b>			
Cheese (String Cheese)			Pointer Finger 1 1/2 Ounces
Milk and Yogurt (Glass of Milk)			One Fist 1 Cup
<b>Vegetables</b>			
Cooked Carrots			One Fist 1 Cup
Salad (Bowl of Salad)			Two Fists 2 Cups
<b>Fruits</b>			
Apple			One Fist 1 Medium
Canned Peaches			One Fist 1 Cup
<b>Grains: Breads, Cereals, Pasta</b>			
Dry Cereal (Bowl of Cereal)			One Fist 1 Cup
Noodles, Rice, Oatmeal (Bowl of Noodles)			Handful 1/2 Cup
Slice of Whole-Wheat Bread			Flat Hand 1 Slice
<b>Protein: Meat, Beans, Nuts</b>			
Chicken, Beef, Fish, Pork (Chicken Breast)			Palm 3 Ounces
Peanut Butter (Spoon of Peanut Butter)			Thumb 1 Tablespoon