

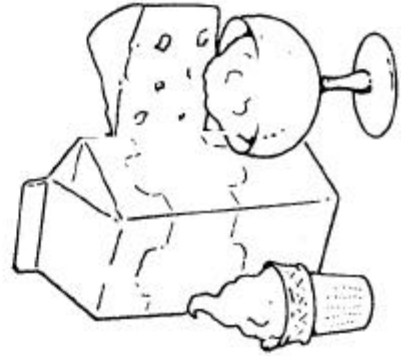
"WHAT FOODS SHOULD MY CHILD EAT EVERY DAY?"

MILK & MILK PRODUCTS

5-6*

Servings
Each Day

	Serving Size*
Milk or Yogurt	1/2 c
Custard or Pudding	1/2 c
Natural Cheese or 1/4 c shredded	3/4 oz
Cheesefood	1 oz
Nonfat Dry Milk Powder	2-3 Tbsp
Ice Cream Cream Soup made with milk	3/4 c
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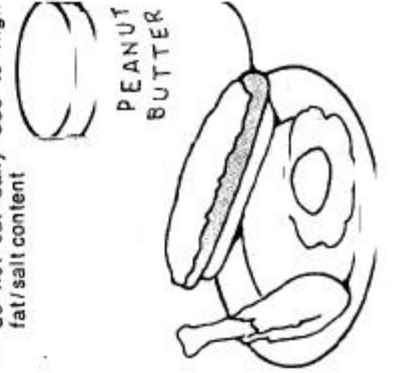
MEAT & MEAT ALTERNATES

2

Servings
Each Day

	Serving Size*
Meat, Fish, Poultry	1 oz
Tuna	1/4 c
Hot dog†***	1
Egg	1
Luncheon Meats***	2 slices or 1 oz.
Cooked Dried Beans or Peas	1/2 c
Peanut Butter	2 Tbsp
Nuts†	1/4 c

***do not eat daily due to high fat/salt content



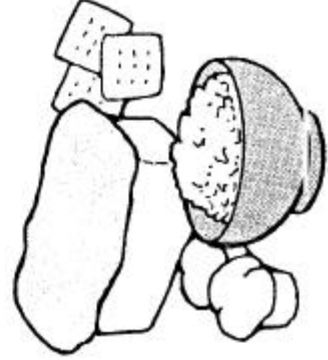
BREADS & CEREALS**

6

Servings
Each Day

	Serving Size*
Bread	1/2-1 slice
Pancake Waffle	1-2 1/2-1
Roll	1/2-1
Cornbread (2" square)	1/2-1
Crackers	2-4
Cooked Cereal, Rice, Pasta	1/3-1/2 c
Ready-to-serve Dry Cereal	1/2-3/4 c

**Choose whole grain and enriched breads & cereals



FRUITS & VEGETABLES

5

Servings
Each Day

	Serving Size*
Raw Vegetables Cooked or Canned Vegetables Vegetable Juice	1/3 c-1/2 c 1/3 c-1/2 c 1/3 c-1/2 c
Raw Fruits Cooked or Canned Fruits Fruit Juice	1/2-1 small 1/3-1/2 c 1/3-1/2 c
Vitamin C Foods (1 Serving Each Day)	
Grapefruit or juice, Orange or juice, Vitamin C fortified juices, Tangerine, Strawberries, Cantaloupe, Broccoli, Cauliflower, Green Pepper, Brussels Sprouts, Tomatoes	
Vitamin A Foods (1 Serving Each Day)	
Asparagus, Tomatoes, Apricots, Cantaloupe, Pumpkin, Spinach, Carrots, Broccoli, Greens, Winter Squash, Sweet Potatoes, Dark Leafy Lettuce	

Other Fruits and Vegetables (3 Servings Each Day)
Corn, Peas, Potatoes, Green Beans, Lima Beans, Any fruit or vegetables not listed under Vitamin C or Vitamin A foods

