

Child Feeding Guide

Food	Daily servings	Food Sources	Minimum Serving size approximate	Nutrients
Vegetables <i>*(dietary fiber)</i>	3+	Calcium & Vitamin K: kale, broccoli Beta-carotene: carrot, sweet potato, winter squash, red pepper, tomato Vitamin C: bell pepper, broccoli, brussel sprouts, cauliflower	1 Tablespoon per year of age	Vitamin C Folate Potassium Calcium & Vitamin K Protein
Fruits <i>*(dietary fiber)</i>	2+	Beta-carotene: mango, cantaloupe, papaya, apricots, pink grapefruit, cherries Vitamin C: citrus fruits, melons, raspberries, strawberries, blueberries	1 Tablespoon per year of age Avoid fruit juice	Potassium Vitamin C Folate
Whole Grains <i>*(dietary fiber)</i>	6+	Whole grain bread, cereal, pasta, bagel, pita, tortilla, crackers, brown rice, quinoa, faro, millet, barley, oatmeal, ground flaxseed, and bran	1/4 cup cereal, rice or pasta 1/4 slice bread	B Vitamins & Iron (if enriched or fortified) Protein
Tofu, Tempeh, Meat & Eggs Legumes, Nuts <i>*(dietary fiber)</i>	2	Beans, lentils, chickpeas, tofu, seitan, tempeh, hummus, bean spreads, edamame, veggie burgers Lean meat, chicken, turkey, pork, fish, eggs Seeds/Nuts: chopped walnuts, pecans, pumpkin seeds, tahini, nut-butters Avoid 9roccessed meats & hotdogs	1 Tablespoon or 1 ounce 1/8 cup cooked legumes 1 ounce nuts or nut butter Some fish may contain mercury	B12 Iron & Zinc Omega 3 Alpha-linolenic acid Protein
Soy Milk, Nut Milk, Coconut Milk, Cow's Milk, Yogurt, Kefir, Cheese Water	16 oz 8-16 oz	Soymilk, almond milk, coconut milk, hemp, flax etc., milk, & plain yogurt <i>*Choose lowfat or nonfat options after age 2.</i> Avoid sweetened milk and yogurt Offer water freely between meals and snacks	1/2 cup 3/4 oz. of cheese 4 small glasses of water daily.	Calcium Vitamin D B12 Omega 3 Protein

Portion sizes (ages 1-5): Offer about 1 Tablespoon per year of age or 1/4 the adult portion size.

Most children will need a supplement with 600-1000 IU of Vitamin D. Ask your pediatrician to test your child's Vitamin D levels. Vegans should use a reliable source of B12 such as fortified soymilk or cereal, Nutritional Yeast or a Vitamin B12 supplement.

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Feeding Tips

Long Term Feeding Goal

Children will eat because they are internally motivated to do so.

Trust Model

The feeding relationship with your child should be based on Trust.

- Parents and caregivers are responsible for what the child is offered to eat, when the child eats, and where the child eats.
- The child is responsible for how much and even whether they eat. Allowing the child to set their own pace for eating will keep them tuned in to their internal hunger/ satiety cues.
- Respect the child's individual food preferences.
- Offer at least one preferred food at meals and snacks.
- An occasional skipped meal is ok. Children will automatically adjust their food intake over the course of several meals.
- Do not force a child to clean their plate. This practice can lead to overeating and the development of food aversions.
- Do not use sweets or desserts as a reward.
- Establish a routine of planned meals and snacks with adequate time for children to become hungry between feedings.
- Serve meals and snacks in a quiet, pleasant, distraction free, and safe environment.
- Allow the child adequate time to finish meals and snacks.

Environment

- Plan a rest or quiet time before meals. A tired or excited child may not be interested in eating.
- Seat your child at a comfortable table and chair.
- Supervise the child at all times during meals and snacks. There is always the risk for choking.

Food Variety

- Offer a variety of foods. Rotate foods so you do not serve the same foods every day.
- Serve a new or previously disliked food along with a familiar food, without pressure to eat the new food.
- Provide small portion sizes. Allow your child to ask for second helpings.
- Serve foods that are easy to handle. Cut foods into small pieces.
- Eat with your child and try to serve meals family style.
- Snack foods should make up no more than 10% of a child's daily calorie intake. Offer low-nutrient dense foods such as cookies, candy, and chips as occasional foods.

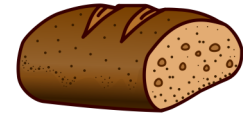
Fluids

- Water should be given between meals to satisfy thirst.
- Avoid offering sweetened beverages and foods like fruit drinks, juice, chocolate milk, soda and yogurt.

Sample child meal plan

BREAKFAST

whole grain hot or cold cereal
fruit
milk or milk alternative 4 oz.



SNACK

apples
nut-butter or tahini
Water



LUNCH

corn or wheat tortilla
black beans
roasted butternut squash
fruit
milk or milk alternative 4 oz.



SNACK

Whole grain crackers & hummus
fruit
milk or milk alternative 4 oz.



DINNER

chicken, fish, pork, beans, or lentils
whole wheat pasta, brown rice, quinoa, millet
vegetables
fruit
milk or milk alternative 4 oz.



Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							