

Your child has grown and learned so much in the last five years! What does he or she need now to continue to grow, develop and learn?

Dairy Foods

Skim or 1% milk is best for most children. Give other dairy foods like yogurt, cheese, cottage cheese, and frozen yogurt. Dairy foods are high in protein, calcium, vitamin D, and good for healthy bones, teeth, muscles, and nerves.

Fruits and Vegetables

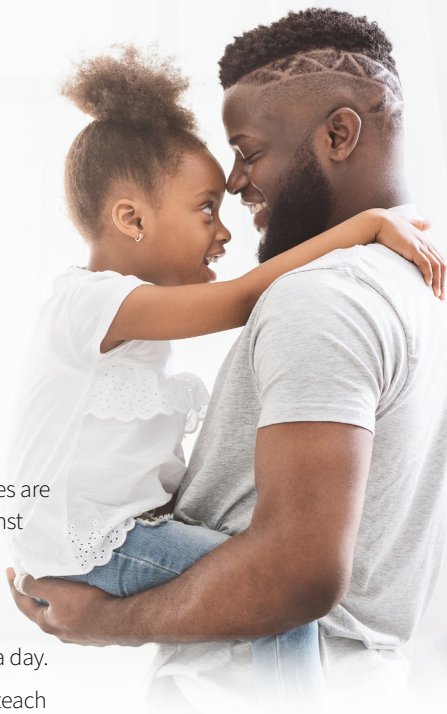
Make half their plate fruits and vegetables. Give carrots for snacks, put bananas on cereal, and offer salads with meals. Fruits and vegetables are high in vitamins, minerals, fiber and defend against cancers.

Also Important for Five Year Olds

- Offer three healthy meals and snacks a day.
- Let your child help in the kitchen and teach her kitchen safety.
- Eat together as a family.
- Encourage active play daily.
- Limit screen time to one hour a day.
- Brush teeth after meals.

Getting Your Child Ready for School

- Read together.
- Count things together.
- Talk about shapes, sizes and colors.
- Don't skip breakfast and set a regular bedtime.



Portion sizes may vary with tummy size!
Serve your child this much to start:

Food	Daily Servings	Serving Sizes
Bread, Dry Cereal, Cereal, Rice, and Pasta	4-5	1 slice 1 cup ready-to-eat-flakes ½ cup Use more whole grain products.
Fruit	2-3	½ cup cooked; 1 cup fresh 4 ounces 100% juice
Vegetables	3-4	½ cup cooked; 1 cup fresh 4 ounces 100% juice
Meat, Poultry, Fish, Dried Beans, Eggs, Peanut Butter, Nuts/Seeds	3-5	1 ounce ¼ cup cooked beans 1 egg 1 tablespoon 1 tablespoon
Milk, Yogurt, and Cheese	5	4 ounces or ¾ ounce cheese

My Breakfast Plate



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