

What Your 4 Year Old Needs

- A variety of healthy foods.
- Happy and relaxed family meal times.
- Play and exercise daily.
- A good example to follow.
- Routine times for meals and snacks.
- A feeling of being loved.

Helpful Hints

- Get in the habit of buying fruits and vegetables instead of junk foods like chips and cookies.
- Keep clean and cut up fruits and vegetables in the refrigerator for a quick snack.
- Cook extra food and freeze the leftovers for another no-hassle meal. Chili, meat sauce, beans, and spaghetti all freeze well.
- Puree fruit and juice to make your own Popsicles® or smoothies.
- Offer water in between meals.
- Trust your child's appetite. Don't let your child snack right before meals.
- Let your child select a healthy food to try during grocery shopping.
- Let your child help in the kitchen.
- Remind and help your child to brush her teeth after meals.
- Reward in hugs and kisses instead of food.
- Slow down and enjoy family time at meals. Turn off the TV and other screens at meal time.



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

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, Dry Beans Eggs Peanut butter Nuts/Seeds	3-5	1 ounces ¼ cup cooked beans 1 egg 1 tablespoon 1 tablespoon
Milk, Yogurt, and Cheese	5	4 ounces; ¾ ounce cheese

My Dinner Plate



Department of Health

Women, Infants, and Children Program (WIC)

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