

A day in your preschooler's diet

Here's a sample of a healthy preschooler menu.

The recommended food choices and portion amounts provided are a guide—always listen to your preschooler's hunger and fullness cues and let her decide how much to eat. Also be sure to use your preschooler's developmental cues to determine her readiness before introducing a new food.



BREAKFAST

- ½ cup orange juice fortified with calcium and vitamin D
- ½ cup cooked fortified oatmeal with ½ cup 2% reduced-fat milk
- ½ cup canned pineapple tidbits (drained, chopped)



SNACK

- 1 sliced banana



LUNCH

- 1 container GRADUATES® SMART SIPS™ beverage
- 1 GRADUATES® FOR PRESCHOOLERS Healthy Meals Cheesy Pasta, Chicken, and Vegetables with Peas in Sauce
- 1 GRADUATES® FOR PRESCHOOLERS Fruit Twist

For more menu ideas and to create custom menus for your preschooler, go to StartHealthyStayHealthy.com/PreschoolerMenus



SNACK

- ½ cup diced tomato
- ½ tbsp ranch dip



DINNER

- ½ cup 2% reduced-fat milk
- ½ cup skinless, roasted chicken (chopped)
- 1 whole-grain dinner roll
- 1 medium baked sweet potato (skinned, diced)

Quick guide to preschooler food groups

Use this guide to help plan your preschooler's meals and snacks. A preschooler's diet should include about three meals and two to three snacks each day.

DAIRY



DAIRY

Daily intake:
2 cups
Serving size:
½ - 1 cup



Food ideas:

½ cup reduced-fat milk, ½ cup reduced-fat plain yogurt, 1 slice of hard cheese, ½ container GRADUATES® SMART SIPS™ beverage

GRAINS & CEREALS

Daily intake: 3 ounces grain and cereal equivalent (half of daily grains & cereal intake should be whole-grain)
Serving size: ½ - 1 ounce grain equivalent

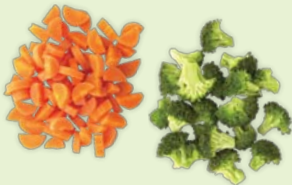


Food ideas:

1 ounce is about ¼ cup cooked whole-grain pasta or whole-grain brown rice, 1 slice whole-wheat bread

VEGETABLES

Daily intake: 1 cup
Serving size: ½ cup



Preparation:

soft, peeled, and cooked; mashed or chopped

Food ideas: carrots, broccoli, spinach, red or green peppers, sweet potatoes, corn

FRUITS

Daily intake: 1 cup
Serving size: ½ cup



Preparation: soft, peeled; mashed or chopped

Food ideas: peaches, bananas, cantaloupe, strawberries, kiwi, blueberries

MEAT/BEANS

Daily intake: 2 ounces
Serving size: 1 ounce



Preparation:

cooked; mashed, chopped, or easy-to-chew

Food ideas: ground beef, tuna, turkey, chicken breast, black beans, lima beans, 1 scrambled egg

Average estimated intake. Your preschooler's needs may be greater or less than these stated. Always follow your child's hunger and fullness cues. Also be sure to use your preschooler's developmental cues to determine her readiness before introducing a new food.