

Feeding Your Preschool Child

For Preschoolers, One Serving Is:

	1-2 Years	3-5 Years
Fruits Servings Per Day	1/4 cup juice or fruit 2 - 4 times	1/2 cup juice or fruit 2 - 4 times
Vegetables Servings Per Day	1/4 cup 3 - 5 times	1/2 cup 3 - 5 times
Bread, Cereal, & Pasta Servings Per Day	1/2 slice bread 1/2 roll 1/4 cup or 1/3 oz. dry cereal 1/4 cup cooked cereal, rice, or pasta 6 - 11 times	1/2 slice bread 1/2 roll 1/3 cup or 1/2 oz. dry cereal 1/4 cup cooked cereal, rice, or pasta 6 - 11 times
Meat, Poultry, Fish, Eggs, Dried Beans & Peas Servings Per Day	1 oz. meat 2 Tbsp. peanut butter 1/4 cup cooked dried beans or peas 1 egg 2 - 3 times	1 - 1 1/2 oz. meat 3/8 cup cooked dried beans or peas 3 Tbsp. peanut butter 1 egg 2 - 3 times
Milk & Cheese Servings Per Day	1/2 cup milk 1 oz. cheese 1/2 cup yogurt 1/2 cup pudding 3/4 cup ice cream 4 - 6 times	3/4 cup milk 1 oz. cheese 1/2 cup yogurt 1/2 cup pudding 3/4 cup ice cream 4 - 6 times

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