

Here's What Your Child Should Eat Each Day

To keep your child healthy and strong, offer a variety of foods from the major food groups every day. Servings are smaller for children than for adults.

- **Fruits and vegetables.** Give at least five servings of fruits and vegetables. Offer many different colors to give your child many vitamins and minerals.
- **Dairy products and other foods with calcium.** Give your child 16 ounces or 2 cups of milk, yogurt, or cheese to build strong bones and teeth. Children under 2 should drink whole milk. It has extra fat for brain development. After age 2, give your child low-fat or skim milk.
- **Whole grains.** Serve whole grain bread, cereal, rice, and pasta often, instead of the refined, white kinds. Whole grains offer fiber and other important nutrients.
- **Protein.** Give lean meats and chicken. Also, offer more fish, beans, and nuts.
- **High-fat and high-sugar foods.** Think of these foods as “treats” or “sometimes foods,” not foods your child eats every day. Remember that juice has as much sugar as soda. Your child should drink no more than 4 ounces or 1/2 cup of 100% fruit juice a day.