



GENERAL FEEDING GUIDELINES BY AGE

Age: 12 to 18 Months

WHAT TO FEED:	HOW MUCH PER DAY:	1 SERVING EQUALS:
<ul style="list-style-type: none"> Whole Milk 	<ul style="list-style-type: none"> 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> 1 cup
<ul style="list-style-type: none"> Other Dairy (soft pasteurized cheese, full-fat yogurt, cottage cheese) 	<ul style="list-style-type: none"> 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> ½ oz. to 1 oz. cheese, 1/3 cup to ½ cup yogurt or cottage cheese
<ul style="list-style-type: none"> Iron-Fortified Cereals (rice, barley, wheat, oats, mixed) 	<ul style="list-style-type: none"> 4 to 6 servings cereals and other grains 	<ul style="list-style-type: none"> ¼ to 1/3 cup cereal
<ul style="list-style-type: none"> Other Grains (whole wheat bread, pasta, rice) 	<ul style="list-style-type: none"> 4 to 6 servings cereals and other grains 	<ul style="list-style-type: none"> ¼ cup pasta or rice ¼ to ½ slice of bread or bagel
<ul style="list-style-type: none"> New Fruits (ex. melon, papaya, apricot, grapefruit (citrus is now approved for this age group)) 	<ul style="list-style-type: none"> ¼ to ½ cup fruit 	
<ul style="list-style-type: none"> New Vegetables (ex. broccoli or cauliflower “trees”) 	<ul style="list-style-type: none"> ¼ to ½ cup vegetables 	
<ul style="list-style-type: none"> Protein (eggs, cut-up or ground beef, poultry, boneless fish, tofu, beans, thinly spread peanut butter) 	<ul style="list-style-type: none"> 2 servings 	<ul style="list-style-type: none"> 2 tbsp ground or 2 one inch cubes meat, poultry or fish 1 egg ¼ cup tofu or cooked beans 1 tbsp smooth peanut butter

Age: 18 to 24 Months

WHAT TO FEED:	HOW MUCH PER DAY:	1 SERVING EQUALS:
<ul style="list-style-type: none"> Whole Milk 	<ul style="list-style-type: none"> 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> ½ cup
<ul style="list-style-type: none"> Other Dairy (soft pasteurized cheese, full-fat yogurt, cottage cheese) 	<ul style="list-style-type: none"> 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> ½ oz. to 1 oz. cheese, 1/3 to ½ cup yogurt or cottage cheese
<ul style="list-style-type: none"> Other Grains (whole wheat bread and crackers, cut up bagels, pretzels, rice cakes, ready to eat cereals, pasta, rice) 	<ul style="list-style-type: none"> 6 servings cereals and other grains 	<ul style="list-style-type: none"> ¼ cup pasta or rice ¼ to ½ slice of bread or bagel





<ul style="list-style-type: none"> ▪ Cut or Sliced Fruit (cooked, canned, dried* or fresh) 	<ul style="list-style-type: none"> ▪ 2 to 3 servings 	<ul style="list-style-type: none"> ▪ ¼ cup cooked or canned ▪ ½ piece fresh ▪ 1/8 cup dried
<ul style="list-style-type: none"> ▪ Vegetables (cooked and mashed or diced) 	<ul style="list-style-type: none"> ▪ 2 to 3 servings 	<ul style="list-style-type: none"> ▪ 1-2 tbsp
<ul style="list-style-type: none"> ▪ Protein (eggs, cut-up or ground beef, poultry, boneless fish, tofu, beans, thinly spread peanut butter) 	<ul style="list-style-type: none"> ▪ 2 servings 	<ul style="list-style-type: none"> ▪ 2 tbsp ground or 2 one inch cubes meat, poultry or fish ▪ 1 egg ▪ ¼ cup tofu or cooked beans ▪ 1 tbsp smooth peanut butter

* Soak dried fruit in water until soft so it will not pose a choking hazard

Age: 2 to 5 Years

WHAT TO FEED:	HOW MUCH PER DAY:	1 SERVING EQUALS:
<ul style="list-style-type: none"> ▪ Low-Fat Milk 	<ul style="list-style-type: none"> ▪ 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> ▪ 1 cup
<ul style="list-style-type: none"> ▪ Other Dairy (diced or grated cheese, low-fat yogurt, cottage cheese) 	<ul style="list-style-type: none"> ▪ 2 to 3 servings total of dairy 	<ul style="list-style-type: none"> ▪ 1 ½ oz or 2 slices natural cheese (cheddar, Swiss, mozzarella) ▪ 1 cup yogurt or cottage cheese
<ul style="list-style-type: none"> ▪ Other Grains (whole wheat bread and crackers, cut up bagels, pretzels, rice cakes, ready to eat cereals, pasta, rice) 	<ul style="list-style-type: none"> ▪ 3 to 5 servings cereals and other grains 	<ul style="list-style-type: none"> ▪ ½ cup pasta or rice ▪ 1 slice of bread or bagel ▪ 1 cup cereal ▪ 1 6" corn or flour tortilla
<ul style="list-style-type: none"> ▪ Cut or Sliced Fruit (cooked, canned, dried* or fresh) 	<ul style="list-style-type: none"> ▪ 2 to 3 servings 	<ul style="list-style-type: none"> ▪ ½ cup fresh like grapes, strawberries, pineapple ▪ ½ fresh like banana, apple, orange, peach ▪ ¼ dried
<ul style="list-style-type: none"> ▪ Vegetables (cooked and mashed or diced) 	<ul style="list-style-type: none"> ▪ 2 to 4 servings 	<ul style="list-style-type: none"> ▪ ½ cup raw or cooked ▪ 1 cup raw, leafy greens ▪ ½ sweet potato or ear of corn





<ul style="list-style-type: none"> Protein (eggs, cut-up or ground beef, poultry, boneless fish, tofu, beans, thinly spread peanut butter) 	<ul style="list-style-type: none"> 2 to 5 servings 	<ul style="list-style-type: none"> 1 oz meat, poultry, fish 1 egg ¼ cup tofu or cooked beans 1 tbsp smooth peanut butter ½ oz nuts or seeds
<ul style="list-style-type: none"> Oils (not including solid fats) 	<ul style="list-style-type: none"> 2 to 5 servings 	<ul style="list-style-type: none"> 1 tsp vegetable oil, mayonnaise or margarine 1 tbsp salad dressing (w/no trans fats)