



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

### Age: 18 to 24 Months

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





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

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





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

