

Child Care Training and Resource Kit

ABCs of Menu Planning

Handouts

1 **ABC's of Menu Planning**

Snohomish Health District
Partners in Child Care

2 **Overview**

- Starting Off Right
- Menu Planning
- Getting Creative

3 **Activity**

What You Already Know
About Menu Planning

4 **Starting Off Right**

- Find a quiet place
- Minimize interruptions
- Have notes handy

5 **Starting Off Right**

- Two week minimum menu cycle
- Don't worry about serving sizes now
- Use a menu planning template

6 **Starting Off Right**

- Determine lunch items first
- 2nd add breakfast items
- 3rd add color with fruits & vegetables
- 4th add snacks
- 5th add beverages
- Consider computer programs

7 **Starting Off Right**

8 **Menu Planning**

- Adequacy & Appeal
- Balance
- Calories
- Diversity

- Efficiency

9 ☐ **Adequacy**

- Meat/Meat alternates at lunch
- Dairy for breakfast and lunch
- Protein or calcium rich foods for PM snack
- Know requirements for CACFP

10 ☐ **Adequacy**

- Foods rich in vitamin C daily:

11 ☐ **Adequacy**

- Foods rich in vitamin A, 3 times a week:

12 ☐ **Appeal**

Comes mostly from fruits
and vegetables

13 ☐ **Appeal**

Fruits & vegetables should make up 33% of a child's daily diet. Actual consumption is only 16%.

14 ☐ **Appeal**

Temperatures:

- Variations appeal to greater preferences
- Depends on the season
- Cold foods can be eaten while hot foods cool

15 ☐ **Appeal**

Texture:

- Chunky/Soft
- Crunchy/Soupy
- Crumbly/Firm
- Chewy/Tender

16 ☐ **Balance**

- Eat from all food groups

17 ☐ **Calories**

- Provide energy
- Bulk from carbohydrates
- Minimize high fat/sugar foods with low nutrient density

Remember, all foods can be eaten

18 ☐ **Calories**

19 ☐ **Diversity**

- Eat different foods within each food group
 - flavor
 - texture
 - color
 - nutrients
- Introduce ethnic, traditional, holiday, seasonal and new foods

20 ☐ **Efficiency**

- Consider age appropriateness
- Consider child's development

21 ☐ **Activity**

Find the Menu Problem

22 ☐ **Getting Creative!**

- Let the children help
- Sing food related songs
- Plan weekly food activities
- Grow a garden!

Washington State: Meal Pattern and Portion Sizes

Types of Meal and foods to Be Served	Ages		
	1-3	3-6	6-12
Breakfast			
Fruit or Juice or Vegetable	1¼Cup or 2 oz.	¼Cup or 2 oz.	½ Cup or 4oz.
Bread or Bread Alternatives	½slice	½slice	1 slice
Dry , Cold Cereal	¼ Cup	¼ Cup	½ cup
Cooked Cereal	¼ Cup	¼ Cup	½ Cup
Milk and other Dairy Products	½ cup or 4oz.	½ cup or 4oz.	¾Cup or 6 oz.
Lunch/Supper			
Meat (Beef, Lamb, Poultry , Fish)	1 oz.	1-½oz.	2 oz.
Peanut Butter	2 Tbsp	3 Tbsp	4 Tbsp
Beans, dry cooked	¼ cup	3/8 cup	½ cup
Nuts, Seeds	½ oz.	¾ oz.	1 oz.
Tofu	4 oz.	6 oz.	8 oz.
Cheese	1 oz.	1-½oz.	2 oz.
Egg	1	1	1
Vegetables or Fruit (2 fruits or 2 vegetables or 1 fruit and 1 vegetable to = total amount required)	¼ Cup or 4 Tbs.	1/2 Cup or 8 Tbs.	¾Cup
Bread or Bread Alternatives	½slice	½slice	1 slice
Cooked Pasta/Noodles/Rice	¼ Cup	¼ Cup	½ cup
Tortilla, corn 6 diameter	½ Tortilla	½ Tortilla	1 Tortilla
Milk and other Dairy Products	½ Cup or 4oz.	½ Cup or 4oz.	¾Cup or 6 oz.
Snacks or Supplements (Plan foods from at least 2 different food groups)			
Meat (Beef, Lamb, Poultry, Fish)	½oz.	½oz.	1 oz.
Peanut Butter	1 Tbsp	1 Tbsp	2 Tbsp
Beans, dry cooked	2 Tbsp.	2 Tbsp	¼ cup
Nuts, Seeds	¼ oz.	¼ oz.	½ oz.
Tofu	2 oz.	2 oz.	4 oz.
Cheese	½ oz.	½ oz.	1 oz.
Egg	½	½	1
Vegetables or Fruit or Juice	½Cup or 4 oz.	½Cup or 4 oz.	¾Cup or 6 oz.
Bread or Bread Alternatives	½slice	½slice	1 slice
Crackers, Soda/Saltine	4 Squares	4 Squares	7 Squares
Crackers, Graham	2 squares	2 Squares	3 squares
Tortilla, corn 6" diameter	½ Tortilla	½Tortilla	1 Tortilla
Milk and other Dairy Products	½ Cup or 4oz.	½ Cup or 4oz.	¾Cup or 6 oz.

The amounts listed above are the minimum amounts to be served. You may find that you will want, or need to serve more to meet the needs of the children in your care. It is best to not serve both juice and fluid milk at breakfast as that is a lot of liquid on a little stomach. You cannot serve both milk and juice at snack time.



Food Chart



BREAKFAST

	1 up to 3	Ages (years) 3 up to 6	6 up to 12
fluid milk	½ cup	¾ cup	1 cup
juice fruit or vegetable	¼ cup	½ cup	½ cup
Bread or bread alternate	½ slice	½ slice	1 slice
or cooked cereal	¼ cup	¼ cup	¼ cup
or cooked cereal	¼ cup	¼ cup	¼ cup

SNACK

Select two of the following components**

fluid milk	½ cup	½ cup	1 cup
juice fruit or vegetable	½ cup	½ cup	¾ cup
Meat or meat alternate	½ ounce	½ ounce	1 ounce
Bread or bread alternate	½ slice *	½ slice*	1 slice*

Lunch/Supper

Plan food from at least 2 different food groups

fluid milk	½ cup	¾ cup	1 cup
Meat or poultry or fish	1 ounce	1-½ ounce	2 ounce
Or Cheese	1 ounce	1-½ ounces	2 ounces
Or cottage cheese, cheese food, or cheese spread	2 ounces	3 ounces	4 ounces
Or egg	1	1	1
Or cooked dry beans or peas	¼ cup	1/3 cup	½ cup
Or peanut butter, soy nut butter or seed butters	2 T	3T	4T
Or peanuts, or soy nuts, tree nuts or seeds	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%
Or an equivalent quantity of any combination of the above meat/meat alternates			
Vegetables &/or fruits (2 or more)	¼ cup	½ cup	½ cup
Bread or bread alternate	½ slice	½ slice	1 slice

Points to Remember

- 1Keep menu records
- The required amount of each food must be offered

* or an equivalent serving of bread alternate such as cornbread, biscuits, muffins, cooked whole grain or enriched rice, or cooked pasta products

** For snacks, juice may not be served when milk is

Partners in Child Care Menu Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> • Grain • Fruit or Vegetable • Dairy 					
<p><u>AM Snack:</u></p> <ul style="list-style-type: none"> • Choose from 2 food groups 					
<p><u>Lunch:</u></p> <ul style="list-style-type: none"> • Grain • Fruit or Vegetable • Dairy 					
<p><u>PM Snack:</u></p> <ul style="list-style-type: none"> • Choose from 2 food groups 					

Sample Menu Plan Ages 3 to 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast:</u></p> <ul style="list-style-type: none"> • Grain • Fruit or Vegetable • Dairy 	<p>Oatmeal w/ sugar (1/2C) Orange Juice (1/2C) 2% Milk (3/4C)</p>	<p>Waffles (1/2) Peach Slice (1/4C) 2% Milk (3/4C)</p>	<p>Cheerios (1/3 C) Banana (1/2C) 2% Milk (3/4C)</p>	<p>Coffee Cake Melon Balls (1/2C) 2% Milk (3/4C)</p>	<p>Wheat toast (1/2slice) 2% Milk (3/4C) Mixed fresh Fruit (1/2C)</p>
<p><u>AM Snack:</u></p> <ul style="list-style-type: none"> • Choose from 2 food groups 	<p>Fresh Nectarines (1/2C) Raisin toast (1/2C) Water</p>	<p>Bran Muffin 2% Milk (3/4C)</p>	<p>Grape Juice (1/2C) English Muffin (1/2C) *Margarine (1 tsp) * fruit jelly</p>	<p>Watermelon (1/2C) Wheat Thins (8) Water</p>	<p>Banana Nut Muffin Apple Juice (1/2C)</p>
<p><u>Lunch:</u></p> <ul style="list-style-type: none"> • Grain • Fruit or Vegetable • Dairy 	<p>Turkey Lunchmeat (1 oz.) Swiss Cheese (.5 oz.) *Lettuce and tomato Wheat bread (1 slice) Baked Fries (1/4C) Strawberries (1/4C) 2% Milk (3/4C)</p>	<p>Chili w/ Beans *Rice Cornbread (1 slice) Pears (1/4C) 2% Milk (3/4C)</p>	<p>Grilled Chicken (1/5 oz) Whole Wheat Bun Peas (1/4C) Applesauce (1/4C) 2% Milk (3/4C)</p>	<p>Tuna Salad (1.5 oz) Wheat Bread (1 slice) Coleslaw (1/4C) Blueberries (1/4C) 2% Milk (3/4C)</p>	<p>Hamburger (1 oz) Cheese (.5 oz) Whole Wheat Bun *Lettuce and tomato Green Beans (1/4C) Pears (1/4 C) 2% Milk (3/4C)</p>
<p><u>PM Snack:</u></p> <ul style="list-style-type: none"> • Choose from 2 food groups 	<p>Granola Cookie *Apple Sections 2% Milk (3/4C)</p>	<p>Graham Crackers (2 Sq) Peanut butter (2 T) Water</p>	<p>Bagel (1/4) *Orange Sections (1/4C) Cream Cheese (2T)</p>	<p>Cottage Cheese (1/2C) Broccoli/Cauliflower *Saltine Crackers (4)</p>	<p>Yogurt (1/2C) Fresh Berries Water</p>



PARTNERS IN CHILD CARE MENU PLANNER

FOOD GROUPS	MON	TUES	WED	THURS	FRI
<u>BREAKFAST</u> <ul style="list-style-type: none"> • GRAIN • FRUIT/VEGIE • DAIRY 	<ul style="list-style-type: none"> • Cheerios • Banana • Milk 	<ul style="list-style-type: none"> • Waffle • Strawberries • Milk 	<ul style="list-style-type: none"> • Cinnamon toast • Slices peaches • Milk 	<ul style="list-style-type: none"> • Enriched or whole grain hot cereal • Melon slices • Milk 	<ul style="list-style-type: none"> • Corn chex • Sliced oranges • Milk
<u>AM SNACK</u> CHOOSE FROM 2 FOOD GROUPS	<ul style="list-style-type: none"> • Wheat Thins • Green Grapes • Water 	<ul style="list-style-type: none"> • Animal Crackers • Tropical fruit Juice 	<ul style="list-style-type: none"> • Banana bread • Apple Juice 	<ul style="list-style-type: none"> • Chex Mix • Pineapple rings • Water 	<ul style="list-style-type: none"> • Whole Wheat Tortilla /w Cream cheese & jam • Grape Juice
<u>LUNCH</u> <ul style="list-style-type: none"> • GRAIN • MEAT/MEAT ALTERNATE • FRUIT AND VEGETABLE (or 2 of one) • DAIRY 	<ul style="list-style-type: none"> • Whole grain roll • Chicken Nuggets • Fruit Salad • Baked French fries • Milk *BBQ sauce for dipping 	Pizza <ul style="list-style-type: none"> • English Muffins • Ground beef topping /cheese • Veggie topping w/tomato sauce • Lettuce salad • Milk 	<ul style="list-style-type: none"> • Corn Tortillas • Refried Beans • Melted Cheese • Tomato slices • Red Grapes • Milk * sour cream or guacamole (opt.) 	<ul style="list-style-type: none"> • Rice • Stir fry chicken w/ Broccoli, carrots, snow peas • Applesauce • Milk 	<ul style="list-style-type: none"> • Grilled tuna and cheese sandwich • Carrots and celery sticks • Tomato soup • Milk
<u>PM SNACK</u> CHOOSE FROM 2 FOOD GROUPS (1 FROM DAIRY OR MEAT GROUP)	<ul style="list-style-type: none"> • Soft Pretzel /w Cheese sauce • Apple juice 	<ul style="list-style-type: none"> • Peanut Butter • Graham crackers • Water 	<ul style="list-style-type: none"> • Apple Slices • Cheese • Water 	<ul style="list-style-type: none"> • Meat and cheese sticks • Wheatables • Crackers • Grape Juice 	<ul style="list-style-type: none"> • Fruit Smoothies or Yogurt w/ Mixed berries • Water



PARTNERS IN CHILD CARE MENU PLANNER

HELPFUL HINTS FOR MENU PLANNING

- Washington State guidelines recommend a Vitamin C rich food every day and 3 Vitamin A rich foods 3 times a week. Use your Vitamin A and C lists for ideas. The guideline for Vitamin A is meant to provide the phytochemical beta-carotene which is the plant source of Vitamin A.

To prepare adequate amounts of the menu items multiply serving size by number of children to be fed. Use the following weight and measure equivalencies for your convenience:

MEASURES

3 teaspoons = 1 tablespoon = 1/2 fluid oz
2 tablespoons = 1/8 cup = 1 fluid oz
4 tablespoons = 1/4 cup = 2 fluid oz
8 tablespoons = 1/2 cup = 4 fluid oz
12 tablespoons = 3/4 cup = 6 fluid oz
14 tablespoons = 7/8 cup = 7 fluid oz
16 tablespoons = 1 cup = 8 fluid oz

2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon

WEIGHTS

1 oz = 28 gms
16 oz = 1 pound
1 pound = 454 gms

Quick Snacks: Choose a minimum of 1 item from 2 categories to meet snack requirements for child care programs.

Breads & Grains

Portion sizes vary

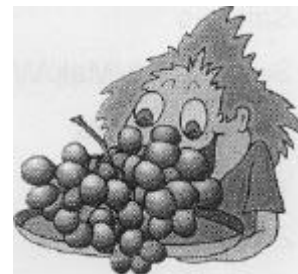
- Low fat crackers
- Pretzels
- Popcorn
- Tortillas
- Low sugar cereal
- English muffins
- Bagels
- Bread Sticks
- Rolls or buns
- Pita Pockets
- Breads
- Cookies (occasionally)
- Muffins (occasionally)



Fruits & Vegetables

3-6 yrs=112 c, 6-12 yrs= 314 c

- Apple
- Apricot, Vit. A
- Applesauce
- Banana
- Berries, Vit. C
- Avocado
- Peach, Vit. A
- Melon, Vit. C
- Pear
- Pineapple
- Orange, Vit. C
- Grapefruit, Vit. C
- Cherries
- Plum
- Nectarine
- Kiwi, Vit. C Tangerine
- Prunes
- Raisins
- Dates
- Pumpkin, Vit. A Mango
- Papaya
- Guava
- Asparagus
- Carrots, Vit. A
- Broccoli, Vit. A & C
- Cauliflower, Vit. C Peas
- Celery
- Jicama
- Radish
- Celery
- Peppers, Vit. C
- Romaine Lettuce
- Cucumber
- Corn
- Eggplant
- Vegetable Salsa



Dairy

3-6 yrs=1/2 c, 6-12 yrs=3/4 c milk only on CACFP

- Milk
- Yogurt
- Cottage Cheese
- Hard Cheese

Meat & Alternatives

3-6 yrs=1/2 OZ, 6-12 yrs=1 oz

- Deli slices
- Nut butters
- Bean dip/spread Tuna
- Yogurt
- Cheese
- Cottage Cheese Eggs



Which Cracker to Choose

Portion sizes based on a 3 to 6 year old diet

Crackers are often a favorite snack food of pre-school children but many are also very high in fat. Below is a list of crackers divided by amount of fat. Use it to select the best crackers for your children.

Low Fat Crackers

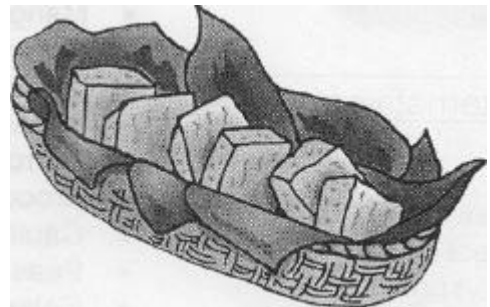
With serving size, all less than 30% fat

Animal Crackers	6
Melba Toast	2
Oyster Crackers	12
Rice Wafer	5
Saltines	4
Sesame Ak-Mak/Walsa	2
Soda Crackers	4
Wheatsworth	4
Zweiback	2
Graham Crackers	2
Teddy Grahams	2
Bread Sticks	3
Rice Cakes (large)	1
Ryvita	1
Rye Krisp (triples)	2
Reduced Fat Cheez-it	9
Reduced Fat Townhouse	6
Reduced Fat Cheese Nips	11
Reduced Fat Wheatables	6
Reduced Fat Ritz	4
Reduced Fat Triscuit	3
Reduced Fat Wheat Thins	6
Reduced Fat Club	3

Higher Fat Crackers

With serving size and % calories from fat

Cheese Nips	11	54%
Chicken in a Biskit	4	50%
Goldfish	23	36%
Hi-Ho	4	48%
Cheez-its	9	51%
Townhouse	3	50%
Wheatables	4	36%
Ritz	4	44%
Triscuit	4	32%
Wheat Thins	6	38%
Club/Waverly	2	46%
Cheese Crackers with Peanut Butter	2	45%





Fruit First



Juice is not a substitute for whole fruit. Compare juice to the snack foods below and notice that juice has as much sugar as eating a half a cup of ice cream and 3 Oreo cookies.

	Serving	Tsp Sugar	Calories	Fat
Tree Top Apple Juice	8 oz or 1 cup	6-1/2	120	NONE
Seneca Grape Juice	8 oz or 1 cup	8 ¾	160	NONE
Welch's Grape Juice	8 oz or 1 cup	10	170	NONE
Coca Cola Classic	12 oz	9 ¾	140	NONE
7-Up	12 oz	9 ¾	140	NONE
Oreo Cookies	3	3 ¼	160	1 ¾tsp
Bryers Chocolate Ice Cream	½cup	4	160	2 ¼tsp
Gummy Bears	21	5	140	NONE
Animal Crackers	12	2	140	1 tsp

How can fruit juice be so sweet?

- Sugar molecules love water molecules and follow them everywhere! So when you squeeze fruit, you get a glass of water and sugar. And a glass of juice is not the sugar of just one piece of fruit but several that were squeezed to make a full glass.
- Sugar is sugar... even if it comes from fruit.

So, would you, could you...

- Eat 2 or 3 pieces of whole fruit all at once?
- Drink a glass of water with 6-10 teaspoons of sugar in it?

If you are serving juice:

- 100% orange juice has lots of Vitamin C and folic acid. It's the healthiest of the juices.
- Limit it to 3/4 cup of juice per child per day. If they are still thirsty have water available.
- Only serve juice occasionally. Except for orange juice, it is "empty calories" providing a feeling of fullness but not providing significant nutrition.

What can be served instead of juice?

- Fruits and vegetables: raw, cooked, frozen or canned. Serve water or milk as a beverage.
- You are not "cheap" if you serve water as long as you are serving it with a 2-component snack.

Water

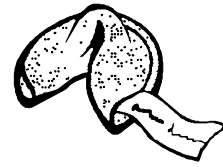


- ◆ The Washington State Department of Health supports water being served as a beverage in licensed child care facilities.
- ◆ Water should be served in addition to the nutrition components and not as a replacement for a required item.
- ◆ Children need more water than adults because a child's body has about 10% more water. This means when children lose body fluids they react more than adults. Loss of 1 pound or 4% of body weight can cause:
 - flushed skin, impatience, sudden mood changes, nausea and a slower pace
- ◆ A loss of an additional half-pound to 1 pound can cause:
 - headaches, increased temperature, increased pulse and tingling in arms, hands and feet
- ◆ If a child's urine is very yellow or has a strong odor, they are probably not getting enough water.
- ◆ Teach children that liquids don't always have to be colored, flavored or sweetened. You can spice water up a bit by adding lemon, lime, ice, using fancy glasses or having a tea party!



Think about using the same coffee filter everyday, never changing it. After a lifetime, that filter would be pretty dirty and very worn out! But if once in a while you rinsed the filter with clear water it would stay cleaner. Our kidneys are like a coffee filter that never changes. When we drink water our kidneys work better. Drinking water is just one more easy way to help our children stay healthy.

Regional & Ethnic Foods



Atole: Hot beverage made of milk and cornstarch. Popular in Mexico.

Bamboo Shoot: Edible portion of the bamboo plant. Used in Asian recipes.

Bok Choy: Chinese vegetable with broad white stalks and dark green leaves.

Chapati: Flat bread from northern India.

Chutney: A sweet and often spicy relish containing pickled fruits and vegetables. Originated in India.

Couscous: Hot cereal dish. Popular in North Africa.

Enchilada: Corn tortilla dipped in chili sauce and wrapped around a filling of cheese, chicken or beef.

Feta: Soft, white, Greek cheese.

Fiddleheads: A green eaten in New England.

Fondue: Melted cheese (or other hot liquid) used for dipping breads or other foods.

Garbanzo Bean: Also called a chick pea. Small round seed eaten in the Middle East, France, Italy, and most Spanish-speaking countries.

Grits: Corn ground as a coarse meal. Popular in southern America.

Guava: Tropical fruit with red or yellow flesh and green or yellow skin.

Hominy: See "grits",

Hummus: Middle Eastern spread of pureed chick peas.

Hushpuppy: Deep fried cornmeal dumpling. Popular in southern America.

Indian Fig: Prickly pear.

Jerusalem Artichoke: Potato-like vegetable.

Jicama: Vegetable with a tan skin and white interior. Always eaten raw,

Kale: Variety of winter cabbage.

Kasha: Grain served as a cooked cereal. Usually buckwheat.

Kefir: Yogurt drink.

Kielbasa: Polish sausage.

Kohlrabi: Variety of cabbage Similar to a turnip.

Latke: Jewish fried dish made with grated potatoes and onions. Often associated with Hanukkah.

Linguine: Long, flat pasta

Mango: Tropical golden fruit with a green or yellow skin.

Matzoh: Unleaven cracker-like bread .

Moussaka: Greek dish with layers of eggplant and ground lamb. Topped with custard or cheese sauce.

Nacho: Tortilla chips topped with cheese, beans, etc.

Nopales: Prickly pear cactus leaves

Okra: Vegetable popular in southern America.

Orzo: Rice-shaped pasta

Papaya: Melon-like tropical fruit filled with smooth black seeds.

Pierogi: Polish dumplings filled with cheese, meat, vegetables or fruit.

Plantain: Greenish starchy banana.

Quesadilla: Tortilla folded over cheese filling. Baked, fried or grilled.

Queso Blanco/Fresco: Soft white cheese made of skim milk.

Quince: Sour fruit that resembles a pear. Seldom eaten fresh but used in jams and jellies.

Tamale: Meat packed in cornmeal, wrapped in corn husks and steamed

Tempura: Japanese dish of fish and vegetables dipped in batter and deep fried.

Tilsit Cheese: Mild brick cheese.

Tortilla: Flat corn or wheat pancake.

Ugali: Mashed corn flour paste. Popular in African countries.

Ugli Fruit: Jamaican fruit with loose wrinkled yellowish skin. Tastes like a tangerine.

Venison: Deer meat,

Vermicelli: Long pasta that is thinner than spaghetti.

Water Chestnut: Nut-like fruit used in Asian foods.

Wild Banana: Fleshy fruit of the mountain yucca. Also called the Navajo banana.

Winter Melon: Muskmelon.

Wonton Soup: Chinese soup containing dumplings.

Xigua: (she gwah) Chinese for watermelon.

Xocoatl: Aztec for chocolate.

Yucca: Fruit from southwestern

Zapote: Apple sized fruit with green skin and black flesh.

Zapote: Apple sized fruit with green skin and black flesh.

Ziti: Tubular pasta U.S and Mexico

Source: Chef Combo's Fantastic Adventures, National Dairy Council

FOOD Guide PYRAMID

for Young Children

A Daily Guide for
2- to 6-Year-Olds



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
March 1999
Program Aid 1649

USDA is an equal opportunity provider and employer.

FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables
1 cup of raw leafy vegetables

FRUIT GROUP

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

MILK GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT GROUP

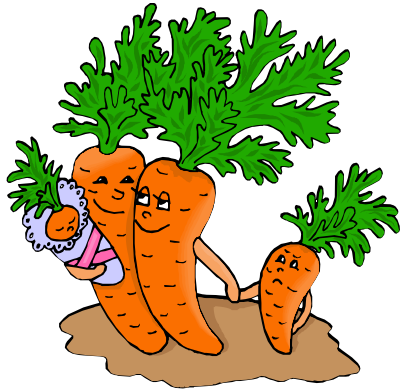
2 to 3 ounces of cooked lean meat, poultry, or fish.
1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

EAT a variety of **FOODS** AND **ENJOY!**



Vitamin A Sources

Major Role in the Body

- Promotes good vision, strong bones and healthy skin
- Helps prevent some types of cancers
- Dark green leafy, dark yellow and orange fruits and vegetables supply beta-carotene. The body changes beta-carotene into active vitamin A.
- About half the vitamin A we eat daily comes from fruits and vegetables, the other half comes from milk, cheese, eggs and a few meats such as liver.

Best Sources

- Apricots
- Cantaloupe
- Mango
- Papaya
- Persimmon (Japanese)
- Carrots
- Chili Peppers
- Dark leafy greens (beets, mustard, collard, chicory, chard, kale, endive)
- Mixed vegetables
- Pumpkin
- Spinach
- Sweet Potatoes
- Vegetable juice and soup
- Winter Squash

Fair Sources

- Broccoli
- Green onions
- Lettuce (dark varieties-romaine, leaf)
- Parsley
- Tomato Juice
- Tomatoes



Vitamin C Sources

Major Role in the Body

- Helps heal cuts, scrapes, burns and infections
- Helps form collagen - our connective tissue
- Promotes healthy bones, teeth, skin and blood vessels
- Prevents the growth and progression of some types of cancers
- Vitamin C is a water-soluble vitamin

Best Sources

- Cantaloupe
- Grapefruit
- Juices fortified with Vitamin C
- Kiwifruit
- Lemons
- Mangos
- Oranges
- Papaya
- Strawberries
- Tangerines/Tangelos
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chili peppers
- Kohlrabi
- Red and green peppers
- Snow peas
- Tomatoes
- Tomato juice

Fair Sources

- Elderberries
- Mulberries
- Asparagus
- Cabbage
- Dark leafy greens (collard, chicory, kale)
- Green onions