



# Feed Me! Age 1 to 3



When I'm hungry, feed me healthy foods.

I need food from all of the food groups every day.

## Offer me every day

**Breads, Grains, & Cereals**  
6 to 10 of these choices

Bread, tortilla, roll, muffin, pancake, waffle – ½  
Dry cereal – ½ cup  
Noodles, rice, cooked cereal – ¼ cup  
Crackers – 3 small



**Offer me some whole grain foods every day** (like whole wheat bread, oatmeal, corn tortillas, brown rice).

**Vegetables**  
1 to 1½ cups of these choices

Cooked or raw  
**Offer me a dark green or yellow vegetable every day, like carrots, broccoli, spinach, sweet potato, or squash.**



**Fruits**  
1 to 1½ cups of these choices

Fresh  
Canned or frozen  
Juice (no more than ½ cup a day!)

**Offer me some fruit high in vitamin C every day, like oranges, strawberries, melons, mangos, papayas, or WIC juices.**



**Milk Products**  
4 of these choices

Milk, breast milk – ½ cup  
Cheese – ¾ ounce  
Cottage cheese – 1 cup  
Yogurt, pudding or custard made with milk – ½ cup  
Frozen yogurt, ice cream – ¾ cup

**Give me whole milk until I'm 2 years old. Then give me nonfat or lowfat milk.**



**Protein Foods**  
2 to 4 of these choices

**Animal Protein**  
Meat, chicken, turkey, fish – 1 ounce (2 tablespoons)  
Egg – 1  
**Vegetable Protein**  
Cooked dry beans, peas, lentils – ¼ cup  
Peanut butter – 1 tablespoon  
Tofu – ¼ cup

**Meat and beans give me the most iron!**



**Fats, Oils, & Sweets**

**Give me these foods only once in a while.**



Start by giving me small servings. Give me about 1 tablespoon of each food for each year of my age. For example, if I'm 2 years old, offer me 2 tablespoons of vegetables and 2 tablespoons of rice. Let me ask for more.

# When I'm hungry, feed me healthy foods.

I need 3 meals and 2 or 3 snacks every day.  
Here are a couple of sample menus to give you some ideas:

Menus	Day 1	Day 2
<b>Breakfast</b>	1 scrambled egg ½ slice toast ½ cup milk	½ cup WIC cereal ¼ banana ½ cup milk
<b>Snack</b>	½ apple, peeled and sliced ¾ ounce small cheese pieces 2 crackers water	½ cup yogurt 2 crackers water
<b>Lunch</b>	peanut butter sandwich (1 slice bread, 1 tablespoon peanut butter) ½ cup peas ½ cup milk	¾ cup vegetable beef soup ½ cup corn ½ tortilla or 2 crackers ½ cup milk
<b>Snack</b>	½ cup dry WIC cereal ½ cup WIC juice	½ slice toast ¾ ounce cheese water
<b>Dinner</b>	2 tablespoons baked chicken ¼ cup noodles ½ cup broccoli ½ cup applesauce water	soft taco with beans & meat (½ tortilla, ¼ cup beans, 2 tablespoons meat) ¼ cup rice ½ cup cooked carrots ½ orange sliced water
<b>Snack</b>	2 graham cracker squares ½ cup milk	4 animal crackers ½ cup WIC juice

I only need 3 or 4 small servings of milk or milk products every day. No more than 16 ounces of milk per day, and no more than 4 ounces of juice! Give me fruit instead of juice when you can. I should only be drinking from a cup now, not a bottle.

When I'm thirsty, offer me water instead of sweet drinks. Sweet drinks can fill me up, and then I won't be hungry for my meals or snacks.

If you're still breastfeeding me, that's great! Breastfeed me after my meals and at night.



This institution is an equal opportunity provider.

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