



Feed Me! Age 4 to 5



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 4 to 5 of these choices

Bread, tortilla, roll,
muffin, pancake, waffle – 1
Dry cereal – 1 cup
Noodles, rice, cooked cereal – ½ cup
Crackers – 6 small

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



Vegetables 1½ to 2 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 ¾ cup a day!)

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



Milk Products 3 to 4 of these choices

Milk – ¾ cup

Cheese – 1 ounce

Cottage cheese – 1 cup

Yogurt, pudding or

custard made with milk – ¾ cup

Frozen yogurt, ice cream – 1 cup

Give me nonfat or lowfat milk.
I don't need whole milk.



Protein Foods 3 to 5 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 4 years old, offer me 4 tablespoons of vegetables and 4 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
Breakfast	1 scrambled egg ½ slice toast ¾ cup milk ½ apple, sliced	1 cup WIC cereal ½ banana ¾ cup milk
Lunch	peanut butter sandwich (2 slices bread, 2 tablespoons peanut butter) ½ pear ½ cup peas ¾ cup milk	1 cup vegetable beef soup 1 tortilla or 6 crackers ¾ cup yogurt ½ cup squash water
Snack	½ cup dry WIC cereal ¾ cup WIC juice ½ cup raw vegetables	1 slice toast 1 ounce cheese water
Dinner	3 tablespoons baked chicken ½ cup noodles ½ cup broccoli ¾ cup milk	soft taco with beans & meat (1 tortilla, ⅓ cup beans, 3 tablespoons meat) ½ cup cooked carrots ½ orange sliced ¾ cup milk
Snack	3 graham cracker squares ¾ cup milk	6 animal crackers ¾ cup WIC juice



I only need 3 or 4 small servings of milk or milk products every day. No more than 24 ounces of milk per day, and no more than 6 ounces of juice! Give me fruit instead of juice when you can. 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 and snacks.

Always make sure I wash my hands before and after I eat.



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