

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nutrition for Preschool Children

Daily Food Guidelines

The chart shows suggested daily goals for most children ages 4 to 5 years.



Food Group	Daily Servings	1 Serving Equals . . .
Milk and Milk Products	4	¾ cup milk or yogurt ¾ ounce cheese
Meat and Other Protein Foods	2	1 ounce beef, pork, poultry, or fish 4-5 tablespoons beans or nuts 1 small egg
Grains	6	1 slice bread ½ bagel or bun ½ cup ready-to-eat cereal, cooked cereal, rice or pasta
Vegetables	2	¼-½ cup cooked, canned, or fresh chopped vegetables ½ cup juice
Fruits	2	½-1 small fruit ¼-½ cup cooked, canned, or fresh chopped fruit ½ cup juice ½ cup berries
Fats and Oils	3	1 teaspoon added butter, margarine, or oil

Notes:

Recommended Foods

Food Group	Recommended Foods
Milk and Milk Products	Reduced-fat cow's milk Buttermilk Calcium-fortified soy milk Reconstituted powdered milk Low-fat yogurt Regular-fat or low-fat cheeses
Meat and Other Protein Foods	Tender, well-cooked lean beef, pork, or poultry Fish Eggs Nuts or nut butter Soybeans, lentils, dried peas and beans (well cooked)
Grains	Choose whole grains, such as whole wheat, brown rice, barley, oatmeal, or bulgur, for at least half of daily grain servings.
Vegetables	All types, especially dark-green and orange vegetables
Fruits	All fruits
Fats and Oils	Heart-healthy vegetable oils, such as olive oil or canola oil Fats and oils with omega-3 fatty acids Limit added fats and oils to less than 3 teaspoons per day.
Beverages	Offer plenty of water between meals.

Foods Not Recommended

Food Group	Foods Not Recommended
Fats and Oils	Limit added fats to less than 3 teaspoons per day.
Beverages	Limit soft drinks to rare treats.
Sweets, Desserts, and Snack Foods	High-sugar and high-salt foods should be given only as a rare treat and should not replace more nutritious foods in meals or snacks.

Notes:

Sample 1-Day Menu for a Child Ages 4 to 5 years

Breakfast	<p>½ cup whole or reduced-fat milk ¾ cup oatmeal with ¼ cup raisins and cinnamon</p>
Snack	<p>½ peanut butter and jelly sandwich ½ cup orange juice</p>
Lunch	<p>½ cup whole milk Sandwich: ¾ ounce ham, ¾ ounce cheese, 2 slices whole grain bread ⅓ cup steamed carrots 1 small banana</p>
Snack	<p>¾ cup yogurt ¼ cup sliced fruit ¼ cup granola ½ cup water</p>
Evening Meal	<p>¾ cup whole or reduced-fat milk 2 ounces chicken 2 tablespoons green beans ¼ cup mashed potatoes 3 tablespoons gravy 1 small whole-grain dinner roll ½ teaspoon margarine</p>
Snack	<p>½ cup applesauce 5 whole grain crackers ½ cup water</p>

1,694 kcal; 72 g protein; 243 g carbohydrate; 24 g fiber; 56 g fat.

Notes: