

Mississippi State Department of Health

WIC — Women, Infants & Children Program

Feeding Your Child

3–5 Years



Offer 3 meals and 2–3 snacks to your child each day.

Total amounts of foods served during the day should add up to:

Bread/Grains	Vegetables	Fruits	Milk	Meat/Beans
4–5 ounces	1½ cups	1–1½ cup	2 cups	3–4 ounces



What counts as 1 ounce (oz.) of grains?

- 1 slice of bread
- ½ cup cooked rice, pasta, or oatmeal
- 1 cup ready-to-eat cereal
- 5–7 crackers
- 1 6 in. tortilla

What counts as ½ cup serving of vegetables?

- ½ cup cooked vegetables
- ½ cup vegetable juice (ex. tomato juice)
- 1 cup lettuce or leafy greens
- 1 small ear of corn

What counts as ½ cup serving of fruits?

- ½ cup 100% fruit juice
- ½ cup chopped fruit
- 4 oz. applesauce
- 16 small, seedless grapes
- ¼ cup raisins

What counts as ½ cup serving of milk?

- ½ cup of milk
- ½ cup yogurt
- 1 slice of cheese

What counts as 1 ounce of meat/protein?

- 1 oz. cooked meat or fish
- ½ hamburger patty
- 1 small chicken leg
- ¼ cup cooked beans or peas
- 1 tablespoon peanut butter

Tips to remember:

- Some foods like candy, Kool-Aid, and cakes do not fit into any group. These “extras” are mainly fat or sugar. Limit your child’s intake of these.
- Serve child size portions and let your child ask for more.
- It is normal for a child’s appetite to change from day to day.
- Parents, set a good example. Eat well, be active, and get your family to join you.
- Children under 4 years of age can choke on foods like hot dogs, raisins, popcorn, raw carrots, and grapes. Avoid these types of foods or cut into very small pieces.

Sample Menu

Breakfast

- ½ cup cereal with ½ cup skim milk
- ½ cup chopped pineapple

Snack

- ½ cup skim milk
- ¼ cup raisins

Lunch

- ½ cup spaghetti noodles
- ½ tomato sauce with lean beef
- ½ cup cooked corn
- ¼ cup black-eyed peas
- ½ cup skim milk

Snack

- 1 slice cheese
- 5 whole wheat crackers
- ½ cup juice



Supper

- 2 small cooked chicken legs
- ¼ cup cooked rice
- ½ cup steamed broccoli
- ½ cup cooked carrots

Snack

- 4 small graham crackers
- ½ cup juice



MISSISSIPPI STATE DEPARTMENT OF HEALTH
www.HealthyMS.com
1-866-HLTHY4U



To learn more about WIC, call your local WIC clinic or **1-800-545-6747**.

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