



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# NUTRITION EDUCATION

## *Food Guidelines for Children: Birth to Age 5*

### 1 to 3 years:

**Development:** Gradually improves with ability to use fingers, cup, and spoon. Copies you!

**Food:**

- Can continue breastfeeding up to age 2.
- Introduce cow, goat or soy milk– start with whole milk and by age 2, transition to 1% or nonfat milk.
- **Food group needs:** Bread– 3 to 4 oz. (1 oz. = 1 slice bread, 1/2 bagel, 1/2 cup cooked cereal, pasta or rice, 1 cup dry cereal); Vegetables– 1 to 1.5 cups (cooked or raw); Fruits– 1 to 1.5 cups (fresh, canned, or frozen); Milk products– 2 cups (1 cup = 1 cup milk or yogurt, 1.5 oz. cheese, 3/4 cup frozen yogurt); Protein foods– 2 to 4 oz. (1 oz. = 1 oz. meat, poultry, or fish, 1 egg, 1/4 cup cooked beans, 1 T peanut butter)

**Avoid:**

- No more than 4 oz. juice or 16 oz. milk daily – if thirsty give water.

**Tips:**

- Eat with child and have 3 meals and 2-3 snacks.
- Offer 1T of each food for each year of life– can ask for more. (Example: give a 2 year old 2 T vegetables, 2 T rice, etc.)

### 4 to 5 years:

**Development:** More skilled use with fork, spoon, dull knife and napkin. Starts to want to choose their own foods and participates in blessing & conversation.

**Food:**

- Child should be drinking 1% or nonfat milk.
- **Food group needs:** Bread– 4 to 5 oz (1 oz. = 1 slice bread, 1/2 bagel, 1/2 cup cooked cereal, pasta or rice, 1 cup dry cereal); Vegetables– 1.5 to 2 cups (cooked or raw); Fruits– 1 to 1.5 cups (fresh, canned, or frozen); Milk products– 2 cups (1 cup = 1 cup milk or yogurt, 1.5 oz. cheese, 3/4 cup frozen yogurt); Protein foods– 3 to 5 oz. (1 oz. = 1 oz. meat, poultry, or fish, 1 egg, 1/4 cup cooked beans, 1 T peanut butter)

**Avoid:**

- No more than 6 oz. juice or 24 oz. milk. – offer water between meals & quenching thirst.

**Tips:**

- Let your child be an active part of food preparation.
- Make food fun– your child wants to learn about food!
- Offer 1T of each food for each year of life– can ask for more. (Example: give a 4 year old 4 T meat, 4 T fruit, etc.)

## “10” GOOD NUTRITION TIPS FOR HEALTHY CHILDREN

1. Breastfeeding for any length of time will benefit your baby, even if it is only a few days.
2. Non breastfed babies need iron-fortified formulas.
3. Wait until 1 year of age before introducing honey or cow, goat, or soy milk. Have your child drink whole milk until age 2, then you can transition to 1% or nonfat milk.
4. Introduce new foods one at a time to check for allergic reactions and acceptance.
5. Eat as a family, at a table.
6. Try new foods more than ten times before accepting that your child does not like a food.
7. Offer your child a variety of foods.
8. When your child is thirsty, give him/her water. They only need small amounts of juice.
9. Food stages: 1) Smooth (strained or pureed) - store bought/homemade baby food; 2) Mashed foods (smooth with few tiny lumps) -mash soft foods your family eats with fork; 3) Chopped foods (more lumps) -chop your family foods into small pieces; 4) Small pieces of food - give small, soft pieces of foods.
10. As your child grows, involve them in food roles. They want to learn about food & where it comes from!



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### Birth to 4 months:

**Development:** Newborns may need help learning to nurse, but after they learn babies know when to eat, how much to eat and when they are full.

**Food:**

- Breast milk and/or iron-fortified formula provide all of the nutrients your baby needs.
- Breastfeeding as long as possible is encouraged, even up to age 2.
- Feed baby 8-12 times per day. Baby's tummy holds 2-3 ounces at a time.

**Avoid:**

- Do not give baby honey, honey containing products or cow's milk (from jug/carton) until 1 year of age.

**Tips:**

- Breast milk can be stored in fridge for up to 5 days or it can be frozen.

#### Choking Hazard

**Foods to avoid the 1st year:** Grapes, berries, nuts, corn, potato chips, popcorn, raw carrots, hot dogs, peanut butter on a spoon

### 4 to 6 months:

**Development:** Babies still know when to eat, how much to eat and when they are full.

**Food:**

- Breast milk and/or iron-fortified formula still provide all of the nutrients your baby needs.
- Continued breastfeeding is encouraged if possible.
- Feed baby 6-8 times per day. Baby's tummy holds 4-6 ounces at a time.

**Avoid:**

- Baby does not need any water or juice. The liquid from breast milk/formula fulfills your baby's fluid needs.
- If feeding with a bottle, do not put your baby to bed with it or prop it up and leave your baby alone.

**Tips:**

- Hold your baby close while feeding and smile and talk so that your baby feels comfortable and safe.

#### Common

**Allergy Foods to Avoid the 1st year:** egg whites, wheat, corn, soy milk or tofu, cow's milk, fish or other seafood, nuts, honey

### 6 to 9 months:

**Development:** May be ready to try some solid foods if can do all of the following: sit up with support, hold head steady, put fingers in mouth, show want for food with open mouth, close lips over spoon, show fullness by turning head away, and keep food in mouth and swallow it.

**Food:**

- Continue breastfeeding/iron-fortified formula.
- May start feeding baby cereal (rice, oatmeal, barley)-mix with breast milk/ formula (advance to other foods).
- Introduce food in 4 stages:
  - 1) Smooth (strained or pureed),
  - 2) Mashed (smooth with a few tiny lumps),
  - 3) Chopped (more lumps), and
  - 4) Small pieces of food.

**Avoid:**

- Do not put cereal in bottle- feed it to baby with a spoon.

**Tips:**

- Master one stage of food before moving to the next.

### 9 to 12 months:

**Development:** May start to feed self with spoon or hands.

**Food:**

- Continue breastfeeding/iron-fortified formula.
- Introduce 1 new food at a time. Good foods to start with include: baby cereal, squash, peas, carrots, sweet potatoes, applesauce, bananas, pears, beans, cottage cheese, yogurt, beef, chicken, and turkey.
- Continue to follow stages of food- master one at a time.
- Good finger foods- small pieces of: soft fruits, cooked vegetables, cooked ground meat, dry cereal, bread, crackers, tortillas, cheese, and cut up noodles.

**Avoid:**

- Your baby does not need sugar, salt, butter, gravy, etc.

**Tips:**

- Watch for allergic reactions after each introduced food.
- Teach to drink out of small cup and eat with family.
- Modify and feed your baby the foods your family eats.
- By age 1, your baby should not be using a bottle.