

Healthy Feeding for your Child (6-11 years old)

School meals:

- If your child gets meals from school then review the school menus with your child.
- Give your child food from home on the days you know your child won't eat the school menu
- Find out if the school gives breakfast in the classroom and plan accordingly
- When you are home, sit at the table with your child during meals; turn off the TV and other screens

Foods to Avoid:

High-fat foods: Avoid fried foods.

Foods that cause dental cavities: limit sugary drinks such as juice, soda, Koolaid, and sports drinks. Ideally serve none or no more than 4 ounces a day.

Caffeinated drinks: Caffeine may cause difficulty sleeping, bed wetting, increased heart rate and blood pressure, decreased attention span, and may play a role in taste preferences for sweets.

Servings by Meal:

Breakfast: Try a fruit, grain, and milk or a fruit, grain and meat/other protein.

Lunch:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Dinner:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Snacks (1 per day, 2 per day if active):

Mix it up so that you get the total daily servings from every food group.

Sample Menu:

Breakfast:

$\frac{3}{4}$ cup Cheerios, $\frac{1}{2}$ cup low-fat milk, 1 slice whole wheat toast, 1 tablespoon peanut butter, 1 cup water

Lunch:

Turkey sandwich: 2 slices whole wheat bread, 1 ounce turkey, 1 tablespoon reduced-calorie mayonnaise, 1 medium banana, 6 baby carrots, 1 cup water, 1 cup fat free milk

Dinner:

$\frac{1}{2}$ cup salad, 2 tablespoons low fat Italian Dressing, 1 ounce roasted skinless chicken, $\frac{1}{2}$ cup steamed rice, $\frac{1}{2}$ cup broccoli, 1 cup fat free milk, 1 cup water

Snacks:

4 graham cracker squares, 1 medium pear, 1 ounce string cheese, 1 cup of water

Serving Sizes for Children ages 6-11

Food Groups	Servings Per Day	Example	Serving Size
Grains and Starches	4-6	Bread Slice	1 slice
		Bun or Bagel	1/2
		Tortilla	1
		Crackers	6
		Cereal	¾ cup
		Rice	½ cup
		Pasta	½ cup
		Potatoes or Corn	½ cup
Fruits	2-4	Small fruit (plum)	½ - 1 small
		Cooked or Canned	1/2 cup
		Juice	½ cup
Vegetables	2-4	Raw, cooked or canned	1 cup
Dairy	4	Milk	¾ - 1 cup
		Yogurt	¾ cup
		Cottage Cheese	½ cup
		Low-fat Cheese	1 ounce
Meat and Other Protein Foods	3	Lean meat, chicken fish	2-3 ounces
		Beans (pinto, black)	¼ - 1/3 cup
		Egg	1 - 2
		Nut Butter	1 tablespoon
Fats	4	Oil or margarine	1 teaspoon

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Author: Nutrition | Approved by Patient Education Committee | Valid through 2020

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IN CARE OF KIDS