

## How Much Food Does My Child Need?



1. Now that your child has started eating solid foods, you may be having a hard time trying to figure out how much food is enough and how much is too much. **Kids should eat 3 meals a day and 2-3 healthy snacks during the day, if they want them.**
2. **Remember**, when your child starts to eat solid foods you should cut back on the amount of milk you give. **A toddler should not have more than 2-3 cups of milk a day.**
3. **Easy ways to figure out how big a serving your child should get:**
  - ♦ **1 tablespoon per year of age for solid foods** that are easy to measure.
  - ♦ **1/4<sup>th</sup> to 1/3<sup>rd</sup> of the adult portion size for foods that may be difficult to measure**, like bread and milk.
4. There are some guidelines you can use to feed your child:
  - ♦ **1-3 years:** 2 servings (1 ounce) of meat, 2 cups of milk, 3 servings of bread and grains, and 4 or more servings (½ cup) of vegetables and fruit.
  - ♦ **4-6 years:** same, but increase meat serving size to 1½ ounces, give one more serving of bread and grains, and one more of fruits and vegetables.
5. The amount of food depends upon your individual child. How old they are, how much activity they get, and how big or little they are. Let your child **STOP** eating when he/she is **FULL**.
6. It is not a good idea to use food as a reward. It may lead to overeating and obesity.

***Remember, food likes and dislikes will change every few days, so be prepared!***

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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