

Dietary Prescription, (Ages 2-6)

For your child's growth and good health, follow these recommendations for number of servings and serving sizes a day for each food group. To get familiar with serving sizes, use measuring cups for a few weeks. For examples of meals and snacks, see the back side of this sheet.

Food Group	Number of servings needed per day	Examples of serving sizes
Fruits	2 to 3 servings (include source of Vitamin C)	1 small fruit or 1 cup of fresh fruit ½ cup unsweetened canned fruit ¼ cup dried fruit
Vegetables	2 to 3 servings	½ cup cooked vegetables 1 cup salad or raw vegetables
Dairy	Up to 2 to 3 servings	1 cup skim or 1% milk 1 ounce cheese ¼ cup shredded cheese 6 to 8 ounces yogurt 1 string cheese
Proteins	Varies depending on serving size: 2 to 4 ounces total	3-ounce portion of lean beef, pork, chicken, turkey or fish is about the size of a deck of cards 1 ounce of protein equals: ¼ cup cooked dried beans, ground meat, tuna, egg substitute or egg whites 1 egg 2 tablespoons peanut butter
Grains	4 servings	½ cup rice or pasta 1 slice bread ½ hamburger or hot dog bun ½ cup oatmeal or other cooked cereal 1 cup unsweetened cold cereal (less than 10 grams of sugar per serving) 1 pancake or waffle Make at least half of the servings whole grain

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Bonnerr Ferry
6615 Comanche Street
Bonnerr Ferry, ID
83805
208.267.1718

Priest River
6509 Hwy. 2
Priest River, ID
83856
208.448.2321

Sandpoint
420 N. 2nd Ave.
Sandpoint, ID
83864
208.263.7101

Administration
301 Cedar St. Suite 206
Sandpoint, ID
83864
208.263.7101

Breakfast 1

Raisin toast with peanut butter, berries, milk

Breakfast 2

Waffle, ham roll-up, unsweetened applesauce, milk

Breakfast 3

Egg, egg substitute or egg whites scrambled with vegetables and shredded cheese, whole wheat toast, milk

Breakfast 4

Oatmeal, banana, milk

Lunch 1

Cheese pizza, carrot sticks, berries, milk

Lunch 2

Turkey and cheese cubes, vegetable soup with oyster crackers, mandarin oranges, milk

Lunch 3

Peanut butter and jelly sandwich, fresh fruit, milk

Lunch 4

Macaroni and cheese, steamed broccoli, apple slices, milk

Dinner 1

White meat chicken nuggets, brown rice, green beans, blueberries, milk

Dinner 2

Burrito (made with whole wheat tortilla), black or refried beans, cheese, vegetables (such as tomatoes, avocado, onions), salsa, low-fat sour cream, fruit salad

Dinner 3

Spaghetti with turkey meatballs, salad, steamed veggies, slice of garlic bread, milk

Dinner 4

Beef stew (meat, potato, vegetable, dinner roll, orange slices, milk

Snack 1

Apple slices with peanut butter

Snack 2

Raw or steamed vegetables with low-fat dip or hummus

Snack 3

Wheat thins, string cheese stick, grapes

Snack 4

Milk and graham crackers

Dessert

There is no dietary requirement (need to eat) for desserts and sweets. People just like them! Limit a sweet to once a day rather than once every meal. If fruit does not work for your sweet tooth, try:

- ½ cup light ice cream
- 1 cookie
- Frozen fruit bar
- ½ cup pudding
- Small portion of a dessert that you like

*For examples of serving sizes, see the front side of this sheet