



## Portola and Excelsior Family Connections

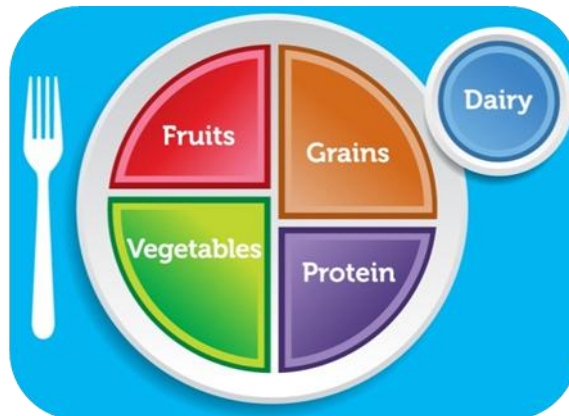
### Guidelines for Healthy Food and Beverages

#### Nutritional Needs<sup>1</sup>

	0-1 year (infant)	1-3 years (toddler)	3-5 years (preschool)	5-12 years (school age)	>12 years (adolescent)	Adult
<b>Fruits</b> (servings/day)	¼ – ½ cup	1 – 1½ cups	1 – 2 cups	1½ – 2 cups	2 – 2½ cups	2 – 2½ cups
<b>Vegetables</b> (servings/day)	¼ – ½ cup	1 – 1½ cups	1½ – 2½ cups	1½ – 3 cups	2½ – 4 cups	2½ – 4 cups
<b>Grains</b> (servings/day)	¼ – ½ cup <i>(iron-fortified cereals)</i>	3 – 5 ounces	4 – 6 ounces	5 – 9 ounces	6 – 10 ounces	6 – 10 ounces
<b>Protein</b> (servings/day)	⅛ – ¼ cup	2 – 4 ounces	3 – 5½ ounces	4 – 6½ ounces	5 – 7 ounces	5 – 7 ounces
<b>Dairy</b> (servings/day)	No cow's milk until 1 year	2 – 2½ cups	2½ – 3 cups	2½ – 3 cups	3 cups	3 cups

#### Portion Size Estimates

**Make ½ your plate fruits and vegetables.**



Hand Symbol	Equivalent	Foods
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies
	<b>Palm</b> 3 ounces	Meat Fish Poultry
	<b>Handful</b> 1 ounce	Nuts Raisins

Hand Symbol	Equivalent	Foods
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

## Healthy Food Examples<sup>2</sup>

	0-1 year (infant)	1-3 years (toddler)	3-5 years (preschool)	>5 years (school age – adult)
Fruits	<p><i>6-8 months:</i></p> <ul style="list-style-type: none"> <li>- applesauce</li> <li>- pureed bananas, pears, peaches</li> </ul> <p><i>8-12 months:</i></p> <ul style="list-style-type: none"> <li>- Mashed pears, bananas, peaches</li> </ul>	<ul style="list-style-type: none"> <li>- sliced melon, papaya</li> <li>- apricot pieces</li> <li>- grapefruit</li> <li>- apple pieces</li> <li>- sliced peaches</li> </ul>	<ul style="list-style-type: none"> <li>- apple slices</li> <li>- pear slices</li> <li>- bananas</li> <li>- oranges</li> <li>- peaches</li> </ul>	<ul style="list-style-type: none"> <li>- apples</li> <li>- pears</li> <li>- bananas</li> <li>- oranges</li> <li>- peaches</li> <li>- grapes</li> <li>- mango</li> <li>- papaya</li> </ul>
Vegetables	<p><i>6-8 months:</i></p> <ul style="list-style-type: none"> <li>- pureed avocado</li> <li>- well-cooked carrots, sweet potato, squash</li> </ul> <p><i>8-12 months:</i></p> <ul style="list-style-type: none"> <li>- soft-cooked peas, carrots, squash</li> </ul>	<ul style="list-style-type: none"> <li>- broccoli and cauliflower, cooked until soft</li> <li>- cooked and appropriately cut carrots, squash</li> </ul>	<ul style="list-style-type: none"> <li>- carrot sticks</li> <li>- broccoli, cauliflower</li> <li>- dark, leafy greens (spinach, kale)</li> <li>- celery sticks</li> </ul>	<ul style="list-style-type: none"> <li>- dark, leafy greens (spinach, kale)</li> <li>- broccoli, cauliflower</li> <li>- zucchini</li> <li>- cucumber</li> <li>- squash</li> <li>- carrots</li> </ul>
Grains	<p><i>4-8 months:</i></p> <ul style="list-style-type: none"> <li>- iron fortified cereals (rice, barley, oats)</li> </ul> <p><i>8-12 months:</i></p> <ul style="list-style-type: none"> <li>- mixed cereals</li> <li>- well-cooked pasta</li> <li>- teething crackers</li> <li>- lightly toasted bread/bagel</li> </ul>	<ul style="list-style-type: none"> <li>- whole wheat bread</li> <li>- pasta</li> <li>- rice</li> <li>- whole wheat crackers</li> <li>- appropriately cut bagel</li> <li>- pretzels</li> <li>- cereal</li> <li>- rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>- whole wheat bread, toast</li> <li>- mini-bagel</li> <li>- rice, brown rice</li> <li>- cereal</li> <li>- pasta</li> <li>- oatmeal</li> <li>- whole wheat tortilla</li> <li>- whole wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>- oatmeal</li> <li>- whole wheat bread</li> <li>- cereal</li> <li>- light popcorn</li> <li>- whole wheat crackers</li> <li>- rice crackers</li> <li>- pasta</li> <li>- rice, brown rice</li> <li>- bagel</li> </ul>
Protein	<p><i>6-8 months:</i></p> <ul style="list-style-type: none"> <li>- pureed tofu</li> <li>- pureed legumes</li> </ul> <p><i>8-12 months:</i></p> <ul style="list-style-type: none"> <li>- egg</li> <li>- well-cooked and mashed beans</li> </ul>	<ul style="list-style-type: none"> <li>- eggs</li> <li>- tofu</li> <li>- thinly spread smooth peanut butter</li> <li>- beans</li> </ul>	<ul style="list-style-type: none"> <li>- eggs</li> <li>- baked beans</li> <li>- lentils</li> <li>- tofu</li> </ul>	<ul style="list-style-type: none"> <li>- beans and lentils</li> <li>- eggs</li> <li>- peanut butter</li> </ul>
Dairy	<p><b>No cow's milk until 1 year</b></p> <p><i>0-8 months:</i></p> <ul style="list-style-type: none"> <li>- no extra dairy yet</li> </ul> <p><i>8-12 months:</i></p> <ul style="list-style-type: none"> <li>- soft pasteurized cheese</li> <li>- cottage cheese</li> <li>- yogurt</li> </ul>	<ul style="list-style-type: none"> <li>- whole milk until age 2; low-fat milk after 2</li> <li>- cottage cheese</li> <li>- pudding</li> <li>- diced or grated cheese</li> </ul>	<ul style="list-style-type: none"> <li>- low-fat milk</li> <li>- cheese (sticks, slices, cubes)</li> </ul>	<ul style="list-style-type: none"> <li>- natural cheese (sticks, slices, cubes)</li> <li>- low-fat milk</li> </ul>
Additional Suggestions	<p>Introduce new foods one at a time, with at least 3 days in between to make sure your baby's not allergic</p>	<p>Cut fruits like grapes or cherry tomatoes into quarters to prevent choking.</p> <p>Avoid soft, sticky foods.</p>	<p>Avoid small, hard foods that can get trapped in your child's airway.</p>	<p>Make sure your child gets a balanced variety from each of the food groups.</p> <p>Limit sugary foods like pastries and cake.</p>

## Healthy Food Examples – SPECIAL OCCASIONS

	0-1 year (infant)	1-3 years (toddler)	3-5 years (preschool)	>5 years (school age – adult)
<b>Birthdays</b> <b>Graduations</b> <b>Holiday Parties</b> <b>Staff Meetings</b> <b>Outreach Events</b>	<ul style="list-style-type: none"> <li>- applesauce</li> <li>- pureed bananas, pears, peaches</li> <li>- soft pasteurized cheese</li> <li>- cottage cheese</li> <li>- yogurt</li> <li>- teething crackers</li> <li>- lightly toasted bread/bagel</li> <li>- well-cooked carrots, sweet potato, squash</li> </ul>	<ul style="list-style-type: none"> <li>- whole wheat crackers with thinly spread smooth peanut butter</li> <li>- appropriately cut bagel</li> <li>- pretzels</li> <li>- cereal</li> <li>- rice crackers</li> <li>- low-fat yogurt</li> <li>- cottage cheese</li> <li>- pudding</li> <li>- diced or grated cheese</li> <li>- apple pieces</li> <li>- sliced peaches</li> <li>- whole wheat buns</li> <li>- mini cupcakes or muffins (1" cubes)</li> </ul>	<ul style="list-style-type: none"> <li>- apple slices</li> <li>- pear slices</li> <li>- bananas</li> <li>- oranges</li> <li>- peaches</li> <li>- whole wheat crackers</li> <li>- cheese (sticks, slices, cubes)</li> <li>- celery sticks</li> <li>- carrot sticks</li> <li>- whole wheat buns</li> <li>- mini cupcakes or muffins (1" cubes)</li> <li>- bite size candies</li> </ul>	<ul style="list-style-type: none"> <li>- apples</li> <li>- pears</li> <li>- bananas</li> <li>- oranges</li> <li>- peaches</li> <li>- grapes</li> <li>- mango</li> <li>- papaya</li> <li>- celery sticks</li> <li>- carrot sticks</li> <li>- natural cheese (sticks, slices, cubes)</li> <li>- low-fat yogurt</li> <li>- light popcorn</li> <li>- whole wheat crackers</li> <li>- rice crackers</li> <li>- whole wheat buns</li> <li>- mini cupcakes or muffins (1" cubes)</li> <li>- bite size candies</li> </ul>

**Serve all foods in age-appropriate portion sizes (see page 1).**

## Healthy Beverage Examples

0-1 year	1-6 years	>6 years
<ul style="list-style-type: none"> <li>- breast milk or formula</li> <li>- no cow's milk</li> <li>- water (only as needed)</li> </ul>	<ul style="list-style-type: none"> <li>- water</li> <li>- for children &lt;2 years: whole milk</li> <li>- for children &gt;2 years: non-fat (skim) or 1% milk, excluding chocolate milk</li> <li>- carbonated water without added sweeteners</li> <li>- 100% fruit or vegetable juice, limit to 4-6 ounces per day</li> </ul>	<ul style="list-style-type: none"> <li>- water</li> <li>- non-fat (skim) or 1% milk, excluding chocolate milk</li> <li>- carbonated water without added sweeteners</li> <li>- 100% fruit or vegetable juice, limit to 8-12 ounces per day</li> <li>- unsweetened tea</li> </ul>

**Do not give juice to infants younger than 6 months, as it offers no nutritional benefits at this age.**



<sup>1,2</sup>These recommendations are adopted from the United States Department of Agriculture (USDA) and the American Academy of Pediatrics (AAP). They are intended to inform your decisions when selecting foods and beverages for your family. Every effort is made to ensure the information provided is accurate and up to date, however, any questions regarding specific nutritional needs should be directed to your healthcare provider.