

## Ages 4-8 Years (Female)

When your children start school, make sure they eat a healthy breakfast. Children who skip breakfast do not perform as well in school as children who eat breakfast.

### Meal Tips

- Make mealtime an enjoyable experience. Avoid criticism and power struggles over food.
- If your child is a picky eater or refuses to eat, continue to offer healthy snacks.
- If you are concerned about your child's diet, consider giving your child a multivitamin and mineral supplement.
- Offer three well-balanced meals and snacks as needed. Encourage a variety of foods, but do not panic if your child insists on eating only certain foods.
- Serve fresh fruit instead of fruit juices and fruit drinks.
- Serve portions on smaller plates.
- Read food labels.
- Bake, broil, grill, steam, or poach. Use healthy fats (canola oil or olive oil) in cooking and remove chicken or turkey skin.
- Do not force your child to finish all of the food on the plate.
- Limit "junk foods," such as soda, chips, cookies, candy, and fast food.



### Physical Activity for 4- to 8-Year-Olds

Help your child develop healthy habits:

- Limit TV to no more than one hour per day. Do not put a TV in your child's bedroom.
- Encourage your child to be active and play for at least one hour a day.
- Be a role model and play with your child.
- Focus on fun activities and games that develop simple physical skills, such as running, skipping, swimming, tumbling, dancing, and throwing and catching a ball.
- At 6 years old your child can play kickball, entry-level soccer, T-ball, or baseball.

#### References:

American Heart Association, et al. Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. *Pediatrics* 2006, 117, 544-559.

Cooper, Kenneth. *Fit Kids*. Nashville: Broadman & Holman Publishers, 1999.

Mahan, L. Kathleen, and Escott-Stump, Sylvia. *Krause's Food, Nutrition and Diet Therapy*. Philadelphia: W. B. Saunders, 2004.

## Age-Appropriate Serving Sizes



### Milk Serving Sizes (3 servings/day)

Cheese	1 oz.
Milk	1 cup (8 oz.)
Yogurt	1 cup (8 oz.)



### Vegetable Serving Sizes (3 or more servings/day)

Cooked vegetables	1/2 cup
Raw vegetables	1 cup

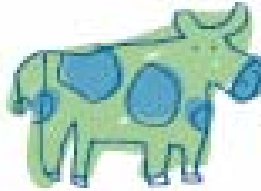


### Fruit Serving Sizes (3 servings/day)

Fresh fruit	1 small
Canned fruit, no sugar added	1/2 cup

### Meat Serving Sizes (3-4 oz/day)

Beans	1/4 cup (1 oz.)
Beef, poultry, fish (cooked)	1 oz.
Egg whites	2
Eggs	1
Natural peanut butter	1 tbsp.



### Fat Serving Sizes (2-3 servings/day)

Avocado, small	2 tbsp.
Cream cheese	1 tbsp.
Margarine, soft	1 tsp.
Mayonnaise	1 tsp.
Salad dressing	1 tbsp.
Sour cream	2 tbsp.



### Grain Serving Sizes (4 or more servings/day)

Bagel	1/4
Bread	1 slice
Cereal, cold	3/4 cup
Cereal, cooked	1/2 cup
Crackers, graham	3
Crackers, saltine	6
Pasta, cooked	1/3 cup
Rice, cooked	1/3 cup
Tortilla, corn	1

**Offer whole-grain foods every day**  
(e.g.- oatmeal, whole wheat bread,  
brown rice)

Encourage children to drink water. Children should not quench their thirst with soda pop, fruit drinks, or fruit juices.

Depending on their amount of physical activity, children may eat more or less than the recommended amount of food in the sample well-balanced diet.

## Sample Well-Balanced Diet: Ages 4 to 8 Years (Female)

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime Snack
<p>1 slice whole-wheat toast</p> <p>1 cup milk (1 percent or fat free)</p> <p>1/2 banana</p> <p>2 egg whites (hardboiled or scrambled with cooking spray)</p> <p>1 tsp. soft margarine</p>		<p>2 slices whole-wheat bread</p> <p>1 cup baby carrots</p> <p>1 small apple</p> <p>1 cup milk (1 percent or fat free)</p> <p>2 oz. roasted turkey</p> <p>1 tsp. mayonnaise</p>	<p>1 cup celery sticks</p> <p>water</p>	<p>1/3 cup cooked brown rice</p> <p>1/2 small mango</p> <p>1 cup milk (1 percent or fat free)</p> <p>2 oz. extra-lean ground beef patty</p> <p>1 cup green salad</p> <p>1 tbsp. salad dressing</p>	<p>Choose healthy snacks as needed</p>