

Wisconsin Nutrition Education Program

Feeding Young Children



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Foods for the First Year: Infant Feeding Guide

Suggested Times for Adding New Foods

Birth to 12 Months

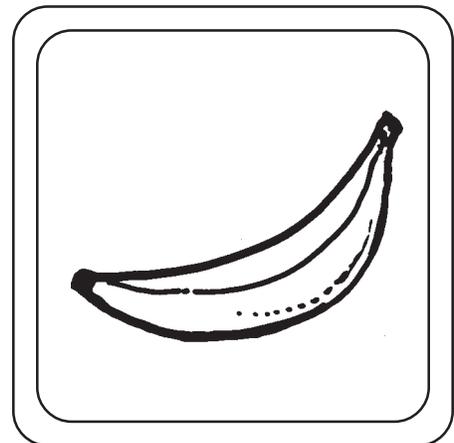


- Breast milk
- Iron-fortified formula

Birth to 4 months

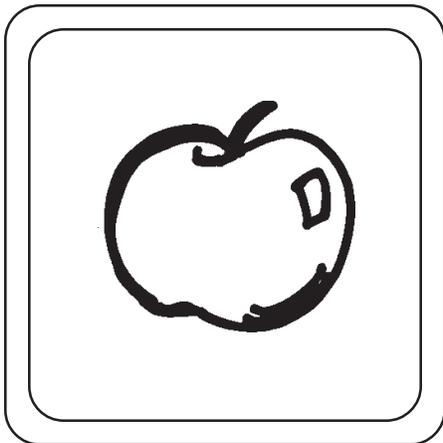
- Offer:**
- Infant cereal mixed with breastmilk or formula:
Try plain dry infant cereals - rice first, then oatmeal and barley.

4 to 6 months



- Offer:**
- Strained or mashed vegetables
 - Strained or mashed fruits
 - Sips of juice from a cup (no more than 4 to 6 ounces per day)

6 to 8 months



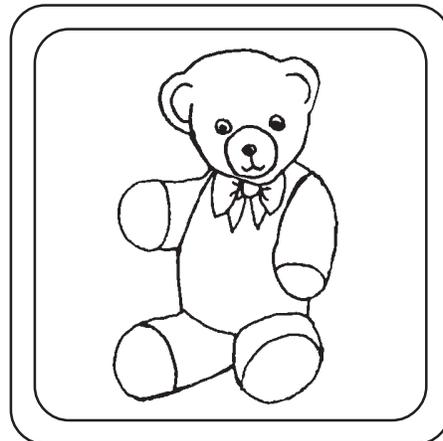
Try these finger foods:

- Dry toast pieces, bagels, crackers or unsweetened dry cereals
- Cooked rice, macaroni or noodles
- Cooked pieces of soft vegetables
- Soft peeled fruit slices
- Small pieces of mild cheeses

Offer:

- Wheat cereal
- Finely ground or small pieces of tender, cooked meat, boned fish and poultry
- Mashed cooked beans

8 to 10 months



Offer:

- Mashed foods from the table (no need for baby foods)
- Plain yogurt and cottage cheese
- Eggs

10 to 12 months

- Decrease use of bottle or breastfeeding.
- Increase self-feeding and drinking from a cup.

One Year



Feeding Baby Food

Feeding food other than breast milk or formula to your baby is a big step.

How will you know when to start?



- Breast milk or formula provides everything your baby needs until **4 to 6 months of age**.
- Very young babies push their tongues out when they swallow. When he or she is 4 or 5 months old, your baby will be able to eat food from a small spoon without pushing all of it out of his or her mouth.
- Your doctor will tell you if your baby needs solid foods before he or she is 4 to 6 months old.

There are good reasons to **wait** until your baby is **4 to 6 months old** to feed solid foods:

- Feeding solid foods to a very young baby (under 4 months of age) is **messy**, costs extra **money** and takes a lot of **time**.
- Very young babies are more likely to get upset stomachs, constipation or allergies from solid foods they do not need.

First Foods for Your Baby

Iron-enriched infant cereal is a good first food for your baby.

- Rice cereal is not likely to cause an allergy, so it is a good first food.
- Try first feedings of cereal at a time when your baby is well-rested and not too hungry.
- Use a spoon to feed cereal to your baby. Do not put cereal in a bottle; your baby should learn to eat from a spoon—even if it seems to take a long time.
- First feedings should be just a few spoonfuls of a **very thin** mixture of cereal and formula or breast milk. Thicker cereal is fine for older babies.

Tips for Feeding Your Baby

Pour 2 to 3 Tablespoons of breast milk or formula into a small bowl. Stir in about 1 Tablespoon of infant cereal.

Sit the baby on your lap, or in an infant seat or high chair for feeding.

Use a small spoon to feed the baby.

Never force your baby to eat more than he or she wants. A couple teaspoons is enough for the first several feedings.

Introduce one new food at a time.



A Guide to Commercial Baby Foods

Commercial baby foods you buy in stores are convenient, but often cost more than baby foods you make yourself.

Many forms of commercial baby foods are available—from strained foods for young infants, to chunky foods for older infants and toddlers.



Which baby foods are the best buys?

- Plain meats provide more protein than mixed dinners.
- Plain fruits are a better buy and are more nutritious than fruit desserts.
- Plain baby cereals are a better buy than cereals with fruit added. A box of dry cereal is a better buy than baby cereal in jars.

When buying baby foods:

- Read labels—choose foods without added sugar.
- Compare labels—"Chicken and Vegetables" will contain more meat than "Vegetables and Chicken."
- Don't buy or use a sticky or stained jar of baby food (it might be cracked).
- Only buy jars with safety buttons on tops that are pushed in. This means that the lid is well-sealed.

Using and Storing Baby Food

Using Baby Foods:

- Wash baby food jars and containers before opening.
- When you open a jar, listen for a "pop" sound. If the jar lid does not "pop" when opened the first time, do not use.
- Put a small amount of baby food into a clean dish for feeding your baby. If the food needs to be warmed, set the dish in a shallow pan of hot water for a few minutes. Test the temperature before feeding the baby.
- **Do not feed your baby right from the jar or container** unless you know he or she will eat all the food in it. Any leftover food will spoil quickly, and should be thrown away.

Storing Baby Food Safely

Babies can get sick from eating food or formula which has been left at room temperature for more than two hours. Follow these guidelines to keep your baby's food safe.

- In the refrigerator:
- Cover food tightly.
 - Cooked fruits and vegetables can be kept for 3 days.
 - Mashed raw fruits should be kept only 2 days.
 - Cooked meats or meat combinations should be kept only 1 to 2 days.

- In the freezer:
- Freeze small amounts of baby food in ice cube trays or small containers. Place frozen baby food in sealed bags or containers which are labelled and dated.
 - Meats or meat combinations can be kept frozen for 1 to 2 months.
 - Fruits or vegetables can be kept frozen 6 to 8 months.

- In the cupboard:
- Dry baby cereals should be stored in tightly covered containers.
 - Inspect cereals for insects before use.

Good Food Choices for Your Baby

Food Choices for Younger Babies

Babies 6 to 8 months old should be offered smooth, semi-solid foods without added sugar, salt, fat or spices.

Foods to grind or mash:

FRUITS -

- fresh bananas
- cooked peeled apples
- peaches, pears or plums
canned in juice or light syrup

VEGETABLES (from fresh or frozen) -

- cooked sweet potatoes
- cooked winter squash
- cooked beets
- cooked peas or carrots

Other foods:

- infant cereals--rice, barley, or oatmeal
- 100% fruit juices from a cup (no more than 4 to 6 ounces per day)

Finger foods:

- banana
- applesauce
- mashed peas or beans
- cooked carrots or squash
- mashed potato
- dry cereal (softened with milk)
- cooked cereals



Any soft mashed food can be finger food, if you don't mind the mess. Babies love to feel food and feed themselves.

Food Choices for Older Babies

Babies 8 to 12 months old should begin the transition to table foods. Offer fewer mashed or smooth foods, and give your baby lumpier foods and some lightly seasoned foods from the family meal.

Fruits:

small soft pieces of banana,
peach or pear
chunky applesauce

Vegetables:

cooked peas
cooked diced carrots or beets
mashed potatoes

Other foods:

cottage cheese
yogurt
Cream of Wheat
Cream of Rice
cooked rice
cooked noodles

Meats and alternates:

moist cooked beef, pork, turkey,
or chicken - ground or chopped
(skin and fat removed)
scrambled or hard-cooked egg
mashed cooked dried beans

Combination dishes to grind or mash:

beans and rice
yogurt and banana
meat-rice-vegetable mixture

spaghetti with mild sauce
chicken-vegetable mixture

Finger foods:

Older babies enjoy picking up little pieces of food from their table or tray. Offer very small, tender pieces of:

pear, peach
soft cooked apple
soft cheese (American or Colby)
cooked dried beans

macaroni, noodles, rice
very tender lean meat or fish
cooked carrots and green beans
potatoes, sweet or white

You Can Help Prevent Choking

Infants and young children are most likely to choke on food. After age 4 children can chew better and are less likely to choke.

You can make eating safer for infants and young children.

- **Watch infants and young children while they are eating.**
Make sure they sit while eating. Encourage them to eat slowly.
- Fix foods for older infants and toddlers that are easy to chew. Grind or mash foods for infants; cut foods into small strips or slices for toddlers.
- Be extra careful with foods that often cause choking by children under 4 years of age.

Hot dogs: Use only if cut in short strips or quartered slices.

Grapes: Cut in quarters.

Peanut butter: Spread thinly on bread or crackers.

Meat: Chop or cut into very small pieces.

Raisins: Give to the child a few at a time.

Apples: Peel and cut into bite-size pieces.

Carrots: Cook until soft or grate.

- Do not offer the following foods to infants and toddlers:

Smooth, round hard candy

Peanuts

Popcorn

Corn chips



Weaning Your Baby from the Breast or Bottle

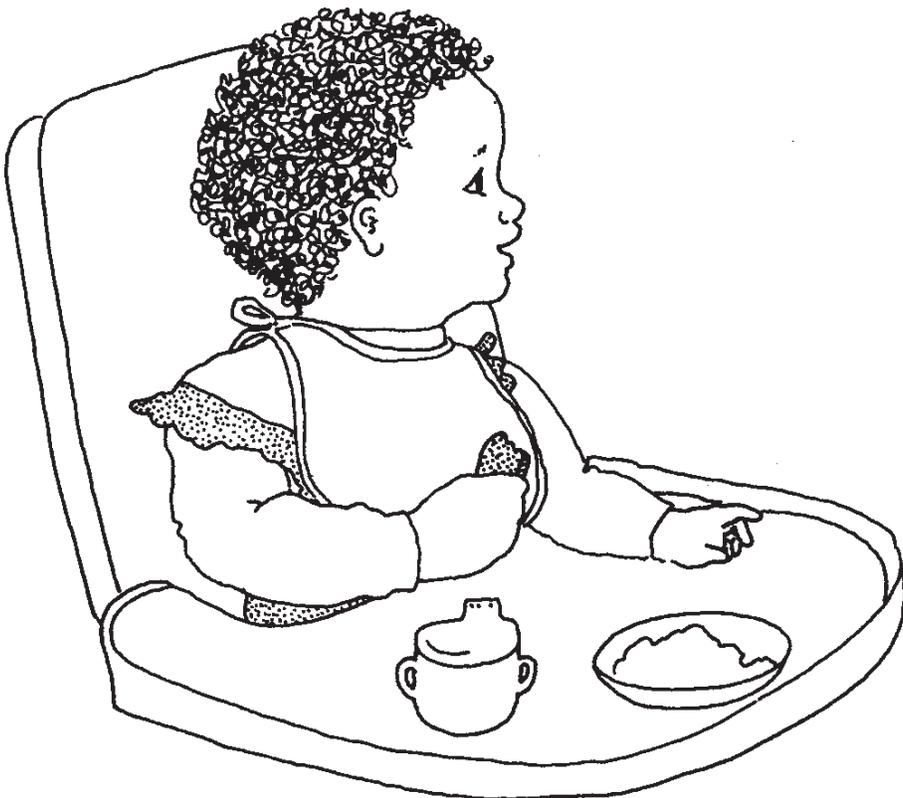
Six to eight months

After age 6 to 8 months, your baby needs less formula or breast milk as he or she gets more nutrients and calories from other foods. This is the beginning of weaning.

Eight months

By the age of 8 months, your baby will be eating more solid food. Offer fruit juice or formula from a small cup, with meals and between meals. Babies enjoy drinking from a cup, though they will be messy at first. Some families find that infant cups with lids and sipper spouts work well.

Note: Infants and young children should not drink more than 4 to 6 ounces of juice in a day. If offered, juice should be part of a meal or snack - not sipped all day long.



Twelve months

By 1 year of age, most babies are ready to drink whole milk instead of formula.* Make the switch from formula to whole milk gradually. Feed your baby a mixture of formula and whole milk for a few days, then start giving just whole milk. Try to use a cup to do this as much as possible, rather than a bottle. A 1-year-old baby is usually able to get all the liquid he or she needs from a cup.

Some families choose to continue allowing a 1-year-old to breastfeed or have a bottle before naps and bedtime. (Do not put your child to bed with a bottle, however.) Remember, **the longer you wait to wean a child from the bottle or breast, the harder it will be.**

Hints for Weaning

- **Gradually** decrease the number of times your child gets breast milk or formula each day.
- **Be consistent.** For example, if you have stopped giving your child a bottle at noon, do not give in on a bad day.
- Give a fussy baby **extra attention** (and a drink from a cup) instead of a bottle or the breast.
- Tell other people who care for your child about your plan for weaning.
- Do not begin weaning when your child is sick or upset.



* One-year-old children should drink whole milk rather than reduced fat, lowfat, or nonfat milk. The fat and cholesterol in whole milk support growth and development.

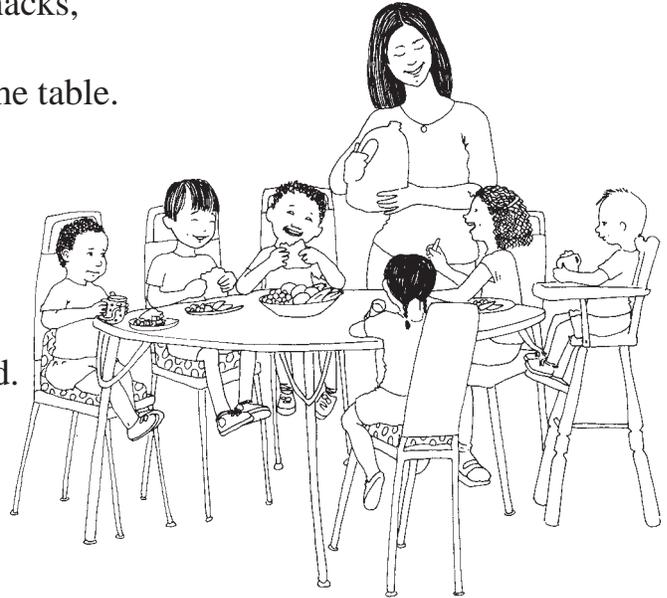
Parenting and Feeding Children

As a parent, you are responsible for:

- Selecting and buying the food,
- Preparing and serving meals,
- Deciding when to serve meals and snacks,
- Making family mealtimes pleasant,
- Helping children learn to behave at the table.

A parent is not responsible for:

- How much a child eats,
- Whether a child eats a particular food.



Feeding a "Picky-eater"

- Keep about two hours between snacks and meals.
- Give very small servings - let the child ask for more.
- Offer choices - let the child help plan the meal.
- Set a good example.
- Serve new foods when the child is well-rested and happy.
- Make food interesting - children like variety in color and texture.
- Avoid arguing about food with the child.

Preschoolers - How They Eat

1 to 2 year olds:

- Drink from a glass.
- Use a spoon and later a fork.
- Are very independent - prefer to feed self (offer bite-size and easy to pick up foods).
- Will have frequent spills - eye-hand coordination is still developing.
- Like to watch and help.
- Like snacks that are fun and easy to eat.

3 year olds:

- Try to get attention by refusing to eat.
- May decide to eat only one favorite food for several days.
- Are curious and ready to learn - frequently ask "Why?"
- Like to help stir and measure.
- Usually need one or two snacks each day to get all the nutrients they need.

4 to 5 year olds:

- Can handle dishes, forks and spoons safely.
- Are able to set the table.
- Are influenced by television - want to have the foods they see advertised.
- Like to help in the kitchen.
- Enjoy eating their own "cooking" projects.

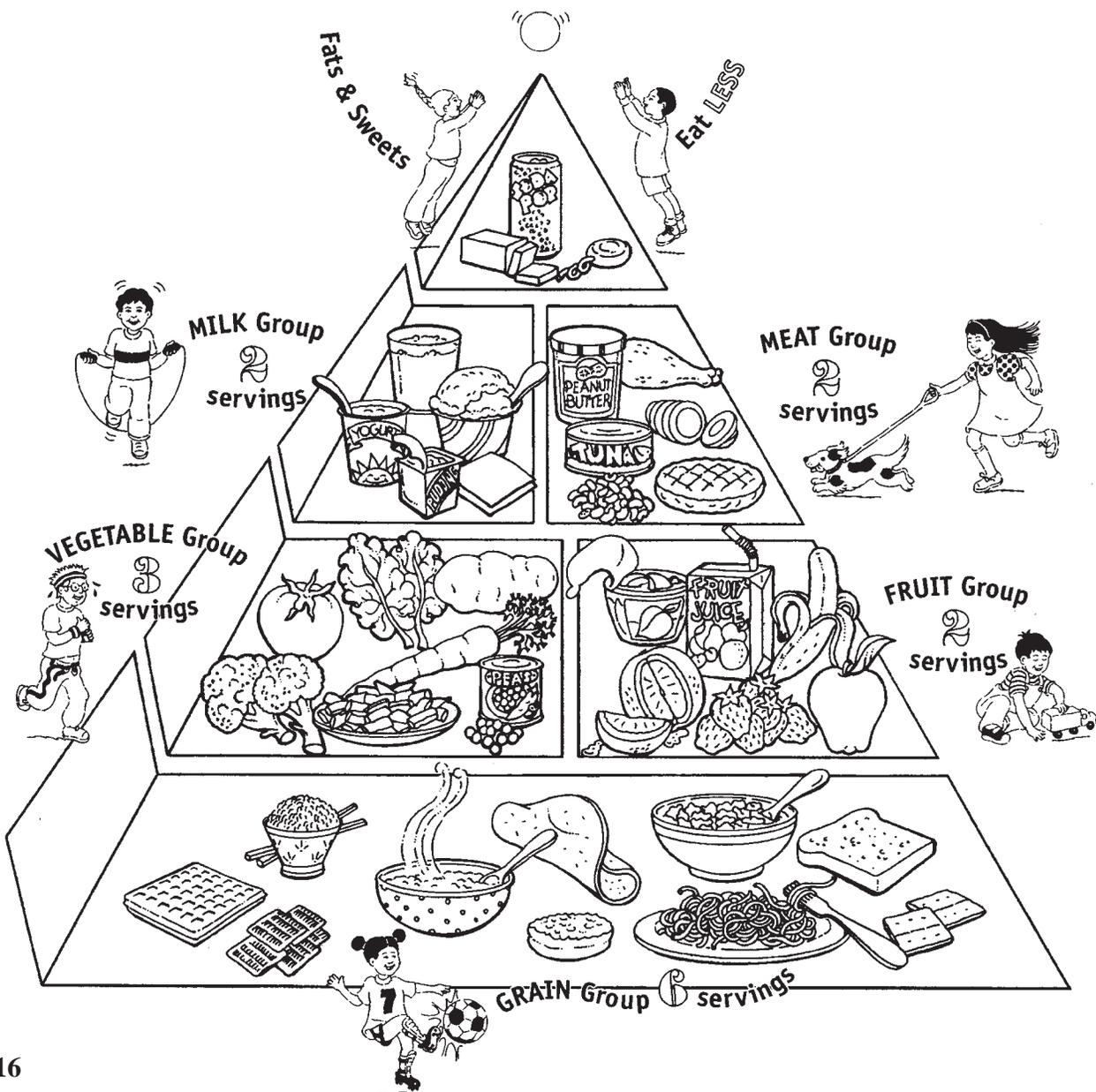


Food Guide Pyramid for Young Children

A Daily Guide for 2 to 6 Year Olds

The Food Guide Pyramid shows how everybody can make food choices for a healthful diet as described in the Dietary Guidelines for Americans. A special Food Guide Pyramid was developed to help you teach your preschoolers what to eat to help them grow and stay healthy.

The Pyramid divides food into five major food groups. Each of these food groups provides some, but not all, of the nutrients and energy children need. No one food group is more important than another. For good health and proper growth, children need to eat a variety of different foods every day.



Daily Food Guide for Preschool Children

Food Group	Count as One Serving	Recommended Number of Servings per Day for 2-3 Year Olds
Bread, Cereal, Rice, Pasta or Tortillas	1 slice bread 1/2 roll or muffin 1/2 bagel or 1/2 hamburger bun 1/2 to 1 cup ready-to-eat cereal 1/3 cup cooked cereal or rice 1/3 cup spaghetti or noodles 1 medium tortilla 4 saltines or small crackers 2 graham cracker squares 1 three-inch pancake	6
Vegetables	1/3 cup small pieces of cooked vegetable 1/2 cup vegetable juice 2/3 cup raw leafy vegetable	3
Fruits	1/3 cup small pieces of fruit * 1/2 cup 100% fruit juice	2
Milk, Yogurt, or Cheese	1/2 cup milk or yogurt 1/2 cup pudding or custard 3/4 ounce cheese 1 ounce processed cheese	4
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	1 ounce cooked lean meat, poultry or fish 1 egg 1/2 cup cooked dried beans or peas ** 2 Tablespoons peanut butter	3

* Two- to 3-year-old children should not drink more than 4 to 6 ounces of fruit juice in a day. This amount is one serving from the fruit group.

** May cause choking in 2- to 3-year-old children.

Daily Food Guide for School-Age Children

Food Group	Count as One Serving	Recommended Number of Servings per Day for 4-6 Years Old	Recommended Number of Servings per Day for 7-10 Years Old
Bread, Cereal, Rice, Pasta or Tortillas	1 slice bread, 1 roll or muffin 1/2 roll or muffin 1/2 bagel or 1/2 hamburger bun 1 cup ready-to-eat cereal (1 ounce) 1/2 cup cooked cereal or rice 1/2 cup spaghetti or noodles 1 large or 2 small tortillas 6 saltines or large pretzels 3 graham cracker squares 1 four-inch pancake	6	6 to 9
Vegetables	1/2 cup small pieces of vegetable 3/4 cup vegetable juice 1 cup raw leafy vegetable	3	3 to 4
Fruits	1/2 cup small pieces of fruit * 3/4 cup 100% fruit juice 1 medium fruit 1/4 cup raisins	2	2 to 3
Milk, Yogurt, or Cheese	1 cup milk or yogurt 1 cup pudding or custard 1-1/2 ounces cheese 2 ounces processed cheese 1-1/2 cups cream soup (made with milk)	2	2
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 to 3 ounces cooked lean meat, poultry or fish 2 eggs 1 cup cooked dried beans or peas 4 Tablespoons peanut butter 1/2 cup nuts or seeds	2	2

*Four- to 6-year-old children should not drink more than 4 to 6 ounces of juice in a day, and 7- to 10-year-old children should not drink more than 8 to 12 ounces per day.

Food for the School-Age Child

School-age children eat more of their meals and snacks away from home and make many of their own food choices. School-age children still need help from parents to eat a good diet each day.

- **Breakfast -**

A meal before school helps a child get ready and feel alert for learning and activity all morning. Some schools serve breakfast at school. Breakfast foods can be:

cereal with milk	yogurt and fruit
eggs and toast	cheese sandwich
tortillas with cheese	leftover pizza
toast with peanut butter	

- **Lunch -**

Many schools offer hot lunch programs - a great choice for most children. If your child prefers to carry a lunch from home, follow these hints.

- Keep sandwiches cold, if possible.
 - Freeze sandwiches made with meat or poultry - they will stay cold until lunchtime.
 - Sandwiches made with peanut butter, cheese, or hard, dry salami will be safe until lunchtime without refrigeration.
- Include a fruit and/or a vegetable each day:
 - Apples, bananas, oranges and raisins.
 - Raw vegetables such as carrots and celery.
 - Canned fruits in a small container.
- Encourage your child to drink the milk that is available at school.

- **Beverages -**

Help your child make good choices when looking for something to drink.

- Milk or water: Great choices.
- Fruit juice: A good choice, but limit 5- to 6-year-old children to 6 ounces per day, and 7- to 8-year-old children to 8 to 12 ounces per day. Children who fill up on juice may not eat other needed food.
- Carbonated drinks (soda or pop): May be high in sugar and caffeine. Choose these only occasionally.
- Fruit-flavored drinks: Contain little or no fruit juice and a lot of sugar.

Smart Snacking for Children Over Four

Most children need to snack to grow and be healthy. Smart snacking means choosing snacks that provide more than just calories from sugar or fat. Many children choose and fix their own snacks - especially after school. Parents can help by making sure good snack foods are in the cupboard or refrigerator.

Children should be taught how to fix snacks **safely**. Here are some guidelines:

- Wash hands before making or eating a snack.
- Put milk, meat, yogurt and cheese in the refrigerator as soon as you are done with them.
- Do not eat bread, tortillas, cheese, fruit or vegetables that look bad or have mold on them. It is not safe to cut the moldy part off and eat the rest.
- Be very careful when heating foods - even microwaving food can cause burns.
- Children under age 11 need help when using sharp knives or ovens.



Snacks Younger Children Can Fix After School

peanut butter sandwich
lowfat yogurt
cookies and milk
precut vegetables
cold cereal and milk
fresh fruit or juices
ready-to-eat popcorn
raisins
graham crackers, saltines, pretzels
bread or bagel

Snacks Parents or Older Children Can Fix

banana bread
muffins*
hard cooked eggs
pudding*
snack mix*
quesadillas*
applesauce*
hot chocolate

*Recipes in the back of this booklet

Maintaining Healthy Weight

A child's body weight can vary a lot as he or she grows from preschooler to teenager. A chubby 8-year-old often will be slim as a teenager. If you think your child needs to lose weight, talk about it with your child's doctor.

Parents can help a child maintain healthy weight by helping the child to:

- **Develop good eating habits.**

Do not use eating as a cure for boredom or sadness.

Eat at regular meal and snack times.

Do not force a child to eat everything on the plate.

Make mealtimes pleasant.

Avoid using sweets as a reward for good behavior.

- **Make good food choices for meals and snacks.**

Choose More

fruit

fresh vegetables

lowfat yogurt or frozen yogurt

baked potato

* fruit juice or water

unsweetened breakfast cereals

Choose Less

candy

chips, corn curls

ice cream, milk shakes

french fries

carbonated beverages, "Kool-Aid"

sweetened breakfast cereals



- **Play actively every day.**

Watching TV uses fewer calories than walking, swimming, dancing, biking and other activities.



- **Feel good about themselves.**

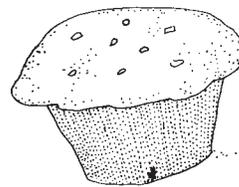
*Limit fruit juice to 4 to 6 ounces per day for 1- to 6-year-old children, and to 8 to 12 ounces per day for 7- to 18-year-old children.

Recipes for Feeding Young Children

The number of calories and grams of fat per serving are listed for each recipe.

Recipes were analyzed using 2% lowfat milk. If you use whole milk, the calorie and fat content of the recipe will be higher.

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BREAKFAST RECIPES

Oatmeal Pancakes

Makes 12

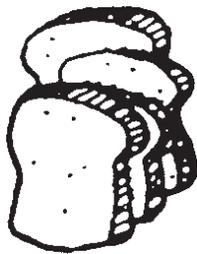
64 calories and 3 grams of fat per pancake



1/2 cup flour
1/2 cup quick-cooking oatmeal
3/4 cup sour milk or buttermilk
1 egg
2 Tablespoons vegetable oil

1 Tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Mix all ingredients together. Stir until blended. Spoon batter onto hot griddle. Turn pancakes when bubbles cover the surface. Serve warm with applesauce or syrup.



2 eggs
1/4 cup 2% lowfat milk
1/4 teaspoon salt

French Toast

Makes 5 servings

127 calories and 3 grams of fat per serving

1/4 teaspoon cinnamon (optional)
5 slices day-old bread

Beat eggs, milk, salt and cinnamon together with a fork. Pour mixture into a shallow bowl. Heat fry pan or griddle over medium heat. Grease lightly with vegetable oil or shortening. Dip bread slices one at a time into egg mixture, turning to coat both sides. Brown bread on hot fry pan, turning once. Serve hot with fruit or syrup.

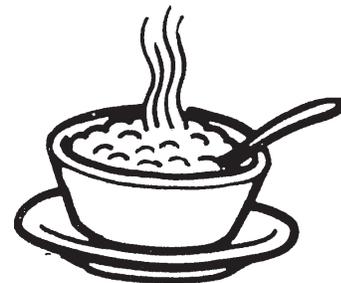
HINT: Cooked leftover French Toast can be stored in the freezer. For a quick breakfast, put frozen French Toast in the toaster to warm.

Hot Cereal from the Microwave

Makes 1 serving

103 calories and 2 grams of fat per serving

1/3 cup quick-cooking oatmeal
a sprinkle of salt (optional)
2/3 cup water

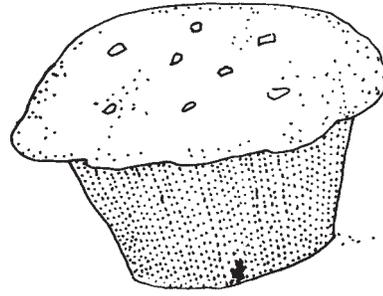


Combine ingredients in a 2-cup microwaveable bowl. Microwave at HIGH for 1-1/2 to 2 minutes. Stir. Serve with milk, sugar or honey or fruit.

Two Grain Muffins

Makes 12 muffins

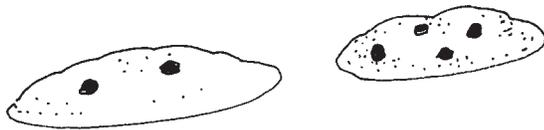
144 calories and 6 grams of fat per muffin



1 cup whole wheat flour
1/3 cup white flour
1/3 cup corn meal
1/3 cup sugar
3/4 teaspoon baking soda

1/4 teaspoon salt
1 cup lowfat yogurt, plain or vanilla
1 egg, slightly beaten
1/3 cup butter or margarine, melted

Preheat oven to 350°. Combine flours, cornmeal, sugar, baking soda and salt. Mix yogurt and egg together in a small bowl. Stir into dry ingredients. Stir in melted butter. Fill greased or paper-lined muffin cups 2/3 full. Bake at 350° for 20 to 25 minutes.



Breakfast Cookies

Makes 24 cookies

131 calories and 7 grams of fat per cookie

3/4 cup flour
1/2 teaspoon cinnamon
1/2 teaspoon baking powder
1/2 teaspoon salt
2/3 cup butter or margarine, softened
1/3 cup brown sugar

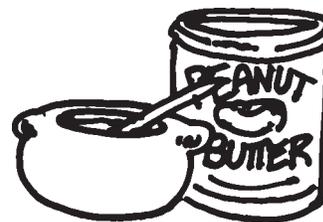
1 egg
1 teaspoon vanilla flavoring (optional)
1 medium apple
1-1/2 cup quick-cooking oatmeal
1 cup Colby or Cheddar cheese, shredded
3/4 cup raisins (optional)

Preheat oven to 375°. Mix together the flour, cinnamon, baking powder and salt. Stir in the butter, brown sugar, egg and vanilla flavoring. Peel and core the apple; chop it into small pieces or shred it. Add apple pieces, oatmeal, cheese and raisins. Stir. Place large spoonfuls on an ungreased cookie sheet. Bake at 375° for 15 minutes. Store in a covered container in the refrigerator.

SNACKS KIDS CAN MAKE

Peanut Butter Balls

Makes 42 one-inch balls
43 calories and 2 grams of fat per ball



1 cup nonfat dry milk 1/2 cup honey or corn syrup
1/2 cup peanut butter 1 cup uncooked oatmeal OR 1 cup graham cracker crumbs

Combine all ingredients in bowl, mix well. Knead by hand until blended. Shape into small balls.

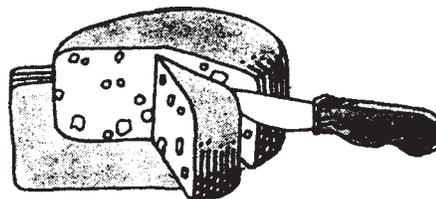
Snack Mix

1 cup small snack crackers 1 cup pretzel sticks
2 cups unsweetened breakfast cereal
(like Chex, Kix or Cheerios) 1 cup raisins
1 cup peanuts (for children over 4 years) 1 cup chocolate chips

Choose 3 or more ingredients from the list above. Mix lightly. Serve in a small bag or cup.

Quesadilla - Tortilla with Cheese

Makes 1 serving
160 calories and 7 grams of fat per serving



1 soft flour tortilla 2 Tablespoons shredded cheese, any kind

Place tortilla on a paper napkin or paper towel. Sprinkle with shredded cheese. Microwave on HIGH for 30 seconds. Roll or fold the tortilla. Eat while warm.



Peanut Butter Fruit Dip

Makes 1 1/4 cups
47 calories and 3 grams of fat per Tablespoon

1/2 cup creamy peanut butter 1/2 cup plain lowfat yogurt
1/4 cup unsweetened orange juice concentrate, thawed

Beat together all ingredients until fluffy. Cover; chill. Serve with assorted fresh fruits.

Apple Recipes for Kids of All Ages

Applesauce

114 calories and no fat per serving

1 medium apple 4 Tablespoons pineapple juice

Peel, quarter and core apple. Cook with pineapple juice until soft. Blend until smooth with a fork.



Apple Warm-ups

Makes 1 serving (for children over age 1)
114 calories and no fat per serving



1 apple
dash of ground cinnamon

1 to 2 teaspoons honey

Cut the apple into 8 pieces, unpeeled. Remove the core. Place the 8 pieces in a microwave-safe bowl. Drizzle with honey and sprinkle with cinnamon. Microwave on HIGH for 2 minutes. If apple is still firm, microwave for 30 to 45 more seconds. Serve warm or cold.



Crunchy Apple Treasures

Makes 8 slices
47 calories and 3 grams of fat per slice



1 medium apple
3 Tablespoons peanut butter

3 Tablespoons crisp rice cereal

Cut apple into 8 slices, remove core. Combine peanut butter and cereal. Spread mixture on apple slices.



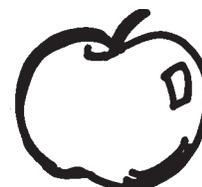
Apple Pinwheel

Core an apple. Stuff the opening with peanut butter, cream cheese or cheese spread. Chill. When ready to serve, cut the apple in quarters.

Apple Boats

(for children over age 4)

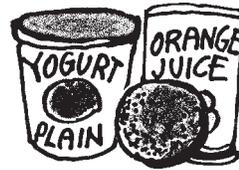
Cut an apple in quarters; remove core. Insert a toothpick, pretzel, or plastic straw for a mast. Use a small slice of cheese (cut in triangle) for the sail.



DESSERTS

Yogurt Popsicles

Makes 8 small popsicles
57 calories and 1 gram of fat per popsicle



6 Tablespoons (1/2 of 6 ounce can)
frozen orange juice concentrate

2 cups plain lowfat yogurt
1 teaspoon vanilla flavoring (optional)

Mix all ingredients together. Pour into 8 small paper cups. Place a popsicle stick in each cup. Set in freezer. Serve when frozen hard. To eat, peel off paper cup.

VARIATION: Use grape juice concentrate instead of orange juice.



Quick Chocolate Pudding

Makes 5 servings (1/2 cup each)
117 calories and 2 grams of fat per serving

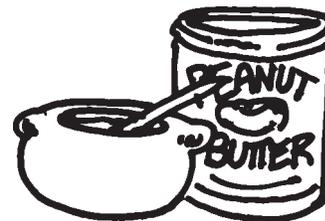
1/3 cup sugar or honey
2 Tablespoons corn starch
2 Tablespoons cocoa

2 cups 2% lowfat milk
1 teaspoon vanilla (optional)

Combine first four ingredients in a heavy sauce pan. Cook over low heat until thickened, stirring constantly. Remove from heat and stir in vanilla (optional). Serve warm or cold.

Easy Peanut Butter Cupcakes

Makes 10 cupcakes
151 calories and 7 grams of fat per cupcake



1/4 cup peanut butter
3 Tablespoons butter or margarine
1 teaspoon vanilla
1/4 cup honey
1 egg

1/3 cup 2% lowfat milk
1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt

Preheat oven to 375°. Blend together peanut butter, butter, vanilla and honey. Beat well. Stir in egg and milk. Combine flour, baking powder and salt. Add to peanut butter mixture and stir. Fill paper-lined cupcake cups 1/2 full. Bake at 375° for 15 to 20 minutes.

Acknowledgments

“Foods for the First Year: Infant Feeding Guide” adapted from “The First Twelve Months,” Wisconsin Division of Health and California Department of Health Services.

“Making Your Own Baby Food” and “Preschoolers: How They Eat” adapted from “Eating Right Is Basic 2,” Michigan State University Cooperative Extension.

“Parenting and Feeding Children” and “Maintaining Healthy Weight” are based on the Division of Responsibility in Feeding from the work of Ellyn Satter. See: *How to Get Your Kid to Eat... But Not Too Much*, Ellyn Satter (Palo Alto, Calif.: Bull Publishing), 1987.

If you have access to the Internet, you can get the latest feeding guidelines including the Food Guide Pyramid for Young Children. Visit this U.S. Department of Agriculture (USDA) Web site:

<http://www.usda.gov/fnic>

If you do not have a computer, try your local library. Most public libraries have a free computer connected to the Internet.

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