Nutrition and Lead:
Keys to Healthy Eating & Snacking

Good nutrition promotes good health. A balanced diet with foods high in vitamins and iron helps to keep your children healthy. Limit the amount of fried food, junk food, and foods high in fat in your children's diet.

Calcium Rich Foods

Milk
Cheese
Yogurt
Green leafy vegetables
(like spinach and collard)
Salmon
Sardines

Iron Rich Foods

Lean meats (USDA)
Fortified Cereals
WIC Cereals
Peanut Butter
Breads
Grains
Dried Beans & Peas

Sources of Vitamin C

Broccoli	Pineapple
Cabbage	Potatoes
Cauliflower	Raspberries
Grapefruit	Spinach
Grapefruit juice	Strawberries
Green pepper	Sweet potatoes
Greens	Tomatoes
Oranges	Tomato juice
Orange juice	Watermelon
Muskmelon	WIC juices
(cantaloupe)	

Anytime snacks

Any fruit
Any vegetable
Crackers
Cereals
Cornbread
English muffins
Ginger snaps
Graham crackers
Jello
Nuts*
Popcorn*
Pretzels
Pudding & Dips
(made with low-fat
milk & milk products)
Raisins*
Rice cakes
Vanilla wafers

Limit these higher-fat foods:

Have only one of these a day:

Any fried or	Chocolate bars	Hot dogs
Greasy foods	Candy	Polish sausage
Bacon	Cookies	Potato chips
Bratwurst	Corn chips	Salami
Biscuits	Doughnuts	Sausage links
Bologna	French fries	or patties

*may cause choking in young children

How much should I offer my child?

Use these daily amounts* to serve 3 meals and 1-2 healthy snacks.

	Age 2	Age 3	Ages 4 and 5
fruits	1 cup	1 – 1¹/₂ cups	1 – 1¹/₂ cups
vegetables	1 cup	1¹/₂ cups	1¹/₂ – 2 cups
grains	3 oz.	4 – 5 oz.	4 – 5 oz.
meat & beans	2 oz.	3 – 4 oz.	3 – 5 oz.
milk	2 cups	2¹/₂ cups	2¹/₂ cups

* These recommendations are for healthy children who are active 30 to 60 minutes each day.

How to measure amounts in the food groups:

Adapted from ChooseMyPlate.gov

¹/₂ cup FRUIT	¹/₂ cup VEGGIES	1oz. GRAINS	1oz. MEAT & BEANS	¹/₂ cup MILK
• 1/2 cup fruit – mashed, sliced, or chopped • 4 oz. 100% fruit juice • 1/4 cup dried fruit • 1/2 medium banana or orange • 4-5 large strawberries	• 1/2 cup vegetables – mashed, sliced, or chopped • 1 cup raw leafy greens or lettuce • 4 ounces 100% tomato or vegetable juice • 1 small ear of corn (6 inches long)	• 1 slice of bread • 1 cup ready-to-eat cereal • 1/2 cup cooked pasta • 1/2 cup cooked rice • 1/2 cup cooked cereal • 1 tortilla (6 inches) • 7 round or square crackers	• 1 ounce cooked meat – beef, poultry, fish • 1 egg • 1 tablespoon peanut butter • 1/4 cup cooked beans or peas (pinto, navy, lentils) • 2 tablespoons hummus	• 4 ounces of milk • 3/4 ounces of cheese • 1 ounce processed cheese • 1 string cheese • 1 cup cottage cheese

- Limit screen time (television, computers and video games) to less than 2 hours each day.
- Don't let your child sit still for more than 60 minutes at a time – get up and play!
- Active children are happy, healthy, and sleep better.

- Let your child decide how much to eat.
- A child's appetite can change from day to day.
- Let your child serve foods onto his or her own plate.
- Let go a little to gain a lot. Every meal is a chance for your child to grow and learn healthy eating habits.
- Use a child-size plate, cup, spoon and servings.

Lead poisoning is preventable.

LEAD FREE

RESOURCES

City of Milwaukee Health Department   414-286-2165
National Lead Information Center Hotline   1-800-424-LEAD (5323)
Milwaukee Lead Asbestos Information Center   414-481-9070

Think Health *Act Now!*
CITY OF MILWAUKEE HEALTH DEPARTMENT

Sixteenth Street COMMUNITY HEALTH CENTERS

sdc Social Development Commission

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