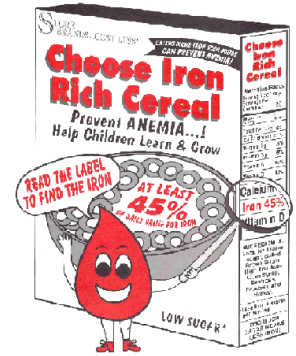


Goals to Help Your Young Child Eat Better and Be Healthier

- Your child eats 1 to 2 servings of cereal with 45% or more iron each day.



- Your child uses a glass or cup for all beverages

- Your child drinks one glass of juice and 4 small glasses of milk each day.



- When your child wants additional beverages (more juice, milk, juice drinks, soda, etc.), he or she drinks water instead.

Remember:

- Too many beverages between meals will take the place of foods at meals.
- Young children - ages 1 to 3 years need to eat a wide variety of food for good health.

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