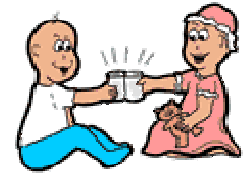
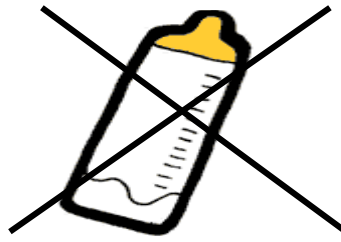


Nutrition for Young Children

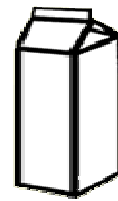
1. Have your child use only a cup after 12 months of age



2. Do not give your child milk, juice, or food in bed.



3. Offer only 2-3 cups of milk per day



8 ounces per cup

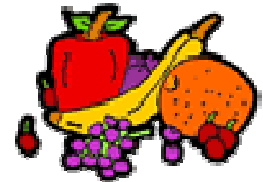


4. Offer only 1 cup of 100% juice per day



8 ounces

5. Offer snacks like fruit, vegetables, cheese & crackers, yogurt, and eggs



6. Avoid chocolate/strawberry milk, soda, and Kool-Aid



7. Limit cookies, candy, & chips

