



# PERFECT PAIRINGS FOR KIDS & YOU

*Simple food combinations to power your day!*

## HELPFUL TIPS

- > Contact your WIC nutritionist if you need lactose free or soy milk.
- > A variety of cheeses are available.
- > Use your cash value benefits (CVB) to purchase fresh, frozen or canned fruits and vegetables.
- > Fruits and vegetables can be diced or pureed.
- > 1 tablespoon per age for toddlers is a healthful single serving of fruits & veggies. (1 yr = 1 tbsp, 2 yr = 2 tbsp, etc.)

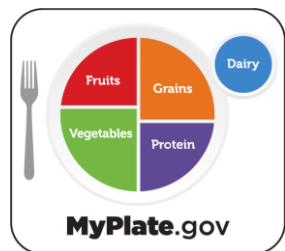
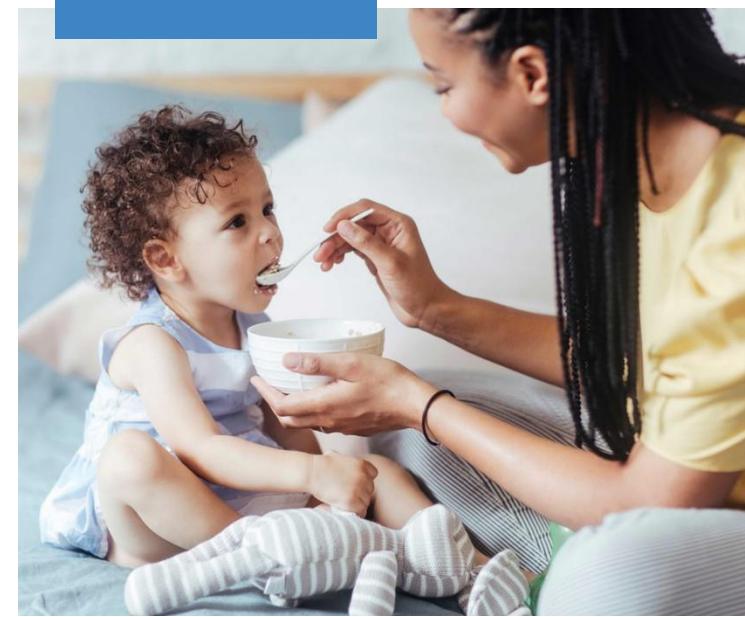
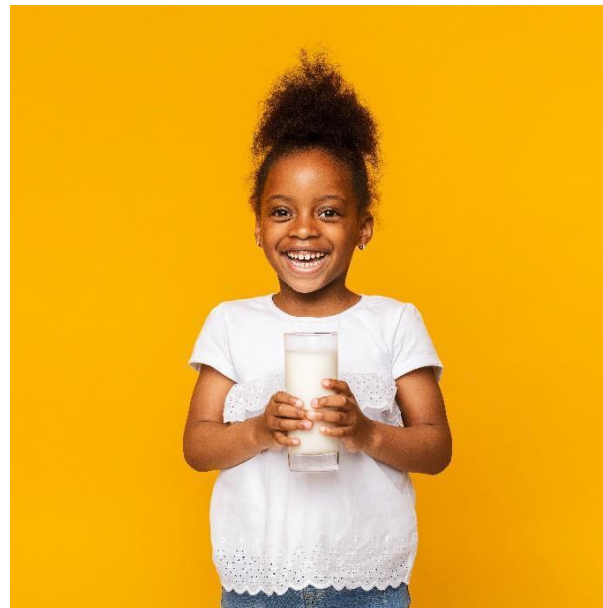
Set your kids up for a lifetime of good nutrition habits by serving milk with meals for nutrition and water in between for hydration.

Looking for new ways to use your WIC foods?

Inside you will find lots of fun ideas for pairing different WIC foods that will add variety to your menu. Snack time is a great time to get your little helpers involved, too. Choose and enjoy "perfect pairings" for you and your family!

## TOTAL DAILY SERVING SIZES

	1 year	2-5 years	5+ years
Grains	1 ½ - 2 oz	1 ½ - 3 oz	3-4 oz
Fruits	1 ½ - 1 cup	1 - 2 cups	2 cups
Veggies	1 cup	1-2 cups	2-3 cups
Dairy	1-2 cups	2 - 2 ½ cups	3 cups
Protein	2 oz	2 - 5 oz	5 - 6 oz



Original created by American Dairy Association Mideast, WV WIC, and WV DHHR.

# SUGGESTED AGE 1 YEAR

# SUGGESTED AGE 2-5 YEARS

# SUGGESTED AGE 5+ YEARS



banana + whole milk yogurt + cheerios

💡 dip banana in yogurt, roll in cheerios, freeze



spinach + low fat yogurt + mango

💡 blend as a smoothie



whole grain bread + cheese + sliced tomatoes

💡 add basil and make a sandwich



egg + cheese + tomatoes

💡 make an omelet



low fat milk + strawberries + brown rice

💡 add cinnamon and nutmeg to make horchata



avocado + low fat yogurt + red onions

💡 add favorite herbs and make a dip



blueberries + chickpeas + whole milk yogurt

💡 make a puree



cheese + apple + whole grain bread

💡 make as a grilled cheese



whole grain tortilla + beans + cheese

💡 make a wrap, serve with homemade salsa



strawberries + peanut butter + whole milk

💡 make a "PBJ" parfait



low fat yogurt + carrots + pineapple

💡 mix as a salad



cheese + apple + low fat milk

💡 make a kabob, serve with milk



whole milk yogurt + pumpkin + oatmeal

💡 make overnight oats, sprinkle with cinnamon



cheese + pear + avocado

💡 serve on a piece of whole wheat toast



pasta + cheese + bell peppers

💡 mix and top with favorite sauce