

Meal Planner



Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

FOOD GUIDE



Go to www.MyPyramid.gov to find out what the men and older children in your family need to eat each day.



Women



Children 1-3 years old



Children 4-5 years old

Breads, Grains, & Cereals

Choose whole grain foods like whole wheat bread, corn tortillas, oatmeal, brown rice, and popcorn.



6 to 8* of these choices every day:

- 1 slice bread, tortilla, roll
- 1 pancake, waffle
- ½ English muffin, bagel
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal
- ½ cup noodles, rice
- 4 crackers

***7 to 9 if pregnant**
***8 to 10 if breastfeeding**

6 to 10 of these choices every day:

- ½ slice bread, tortilla, roll
- ½ pancake, waffle
- ¼ bagel
- ½ cup ready-to-eat cereal
- ¼ cup cooked cereal
- ¼ cup noodles, rice
- 3 small crackers

4 to 5 of these choices every day:

- 1 slice bread, tortilla, roll
- 1 pancake, waffle
- ½ bagel
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal
- ¼ cup noodles, rice
- 6 small crackers

Vegetables

Eat a dark green or yellow vegetable every day.



3 cups every day:
Cooked or raw

1 to 1½ cups every day:
Cooked or raw

1½ to 2 cups every day:
Cooked or raw

Fruits

Eat a vitamin C fruit every day.



2 cups of these choices every day:
Fresh, canned, or frozen
100% fruit juice - **Limit to 6 ounces per day**

1 to 1½ cups of these choices every day:
Fresh, canned, or frozen
100% fruit juice - **Limit to 4 ounces per day**

1 to 1½ cups of these choices every day:
Fresh, canned, or frozen
100% fruit juice - **Limit to 6 ounces per day**

Milk Products

Choose mostly nonfat or lowfat milk products.



3 to 4* of these choices every day:
1 cup milk or yogurt
2 cups cottage cheese
1½ ounces cheese
1 cup pudding, custard
1½ cups frozen yogurt
1½ cups ice cream
***4 for teens**

4 of these choices every day:
½ cup milk or yogurt
1 cup cottage cheese
¾ ounce cheese
½ cup pudding, custard
¾ cup frozen yogurt
¾ cup ice cream
Give whole milk until 2 years old.

3 to 4 of these choices every day:
¾ cup milk or yogurt
1 cup cottage cheese
1 ounce cheese
¾ cup pudding, custard
1 cup frozen yogurt
1 cup ice cream

Protein Foods

Eat some vegetable protein foods every day.



6 of these choices every day:
1 ounce lean meat, chicken, fish, turkey
1 egg
¼ cup beans, peas, lentils
1 tablespoon peanut butter
¼ cup tofu
½ ounce nuts or seeds

2 to 4 of these choices every day:
1 ounce (2 tablespoons) meat, chicken, turkey, fish
1 egg
¼ cup beans, peas, lentils
1 tablespoon peanut butter
¼ cup tofu

3 to 5 of these choices every day:
1 ounce (2 tablespoons) meat, chicken, turkey, fish
1 egg
¼ cup beans, peas, lentils
1 tablespoon peanut butter
¼ cup tofu
½ ounce nuts or seeds

Fats & Oils

Make your choices mostly vegetable oil.



Most people get enough fat and oil in the foods they eat.

Extra Calories

Eat or drink small amounts once in a while.



These high calorie foods are not a good source of vitamins and minerals.

This institution is an equal opportunity provider.

For the nearest WIC office, call toll free: 1-888-WIC-WORKS (1-888-942-9675)

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