

FOOD Guide PYRAMID

for Young Children

A Daily Guide for
2- to 6-Year-Olds



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
March 1999
Program Aid 1649

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FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP

1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready-to-eat cereal

VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables
1 cup of raw leafy vegetables

FRUIT GROUP

1 piece of fruit or melon wedge
3/4 cup of juice
1/2 cup of canned fruit
1/4 cup of dried fruit

MILK GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT GROUP

2 to 3 ounces of cooked lean meat, poultry, or fish.
1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

EAT a variety of **FOODS** AND **ENJOY!**

PLAN FOR YOUR YOUNG CHILD . . . The Pyramid Way

Use this chart to get an idea of the foods your child eats over a week. Pencil in the foods eaten each day and pencil in the corresponding triangular shape. (For example, if a slice of toast is eaten at breakfast, write in "toast" and fill in one Grain group pyramid.) The number of pyramids shown for each food group is the number of servings to be eaten each day. At the end of the week, if you see only a few blank pyramids...keep up the good work. If you notice several blank pyramids, offer foods from the missing food groups in the days to come.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Milk	△△	△△	△△	△△	△△	△△	△△
Meat	△△	△△	△△	△△	△△	△△	△△
Vegetable	△△△	△△△	△△△	△△△	△△△	△△△	△△△
Fruit	△△	△△	△△	△△	△△	△△	△△
Grain	△△△ △△△	△△△ △△△	△△△ △△△	△△△ △△△	△△△ △△△	△△△ △△△	△△△ △△△
Breakfast							
Snack							
Lunch							
Snack							
Dinner							