

## Daily Food Guide for Children 1 to 5

Food Groups	Daily amount for 1-3 year-olds	Daily amount for 3-5 year-olds	Serving size
Grains	3oz ( half from whole-grain sources)	3-5 oz ( half from whole-grain sources)	One ounce equals: 1 slice of bread, or 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal. Examples of whole grains: whole wheat bread, brown rice, oatmeal
Vegetables	1 cup	1 - 1 ½ cups	Use measuring cup to check amounts. Serve veggies that are soft, cut in small pieces, and well-cooked to prevent choking.
Fruits	1 cup	1 – 1 ½ cups	Use measuring cup to check amounts.
Dairy	1 ½ - 2cups (12 - 16 oz)	2 – 2 ½ cups (16-20 oz)	One cup equals: 1 cup (8 oz) of milk or yogurt, or 2 oz. processed American cheese, Or 1½ oz. natural cheese, such as cheddar. (choose low-fat for ages 2 and older)
Protein	2 oz	2-4 oz	One ounce equals: 1 oz of meat, poultry or fish, or ¼ cup cooked dry beans, or ¼ cup tofu, or 1 Tbsp. peanut butter or 1 egg.

## 1-5 歲兒童每日膳食指南

食物類別	1-3 歲兒童每日所需量	3-5 歲兒童每日所需量	份量提示
穀類	3 安士 (一半來自全穀類食物)	3-5 安士 (一半來自全穀類食物)	1 安士相當於：1 片麵包，或 1 杯即食五穀片，或 1/2 杯飯，麵，煮熟的燕麥片 全穀食物例如全麥麩包，糙米，燕麥
蔬菜	1 杯	1 - 1 ½杯	用量杯測量食份量。將蔬菜切成小塊然後煮熟，避免食物進入氣管引起窒息
水果	1 杯	1- 1 ½杯	用量杯測量食份量。
乳製品	1 ½ - 2 杯 (12 - 16 安士)	2- 2 ½ 杯 (16-20 安士)	1 杯相當於：1 杯(8 安士) 牛奶或酸奶；或 2 安士美國加工芝士；或 1 ½安士天然芝士例如 cheddar 芝士 (2 歲或以上的兒童應選擇低脂肪的乳製品)
蛋白質	2 安士	2-4 安士	1 安士相當於：1 安士肉，家禽或魚，或 1/4 杯煮熟的乾豆，或 1/4 杯豆腐，或 1 湯匙花生醬，或一只雞蛋