

## 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.