

FOOD Guide PYRAMID

for Young Children

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



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.

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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!**