

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

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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.

Michigan Department
of Community Health



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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, YOGURT AND CHEESE GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT, POULTRY, FISH, CHICKEN AND EGG 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!**