



Healthy Servings

for children ages 2-3 years old

This is the *daily* eating guide for children who participate in 60 minutes of moderate activity per day

Grain Group—3 ounces total per day. At least half of the daily servings of grains should come from whole grains (whole wheat, oatmeal, brown rice, etc.).

Serving Size = 1 ounce

Bread	1 slice
Bun, large bagel, English muffin	½
Crackers (whole grain)	5
Dry cereal (unsweetened), flakes	1 cup
Cooked cereal	½ cup
Cooked rice, pasta	½ cup

Fruit Group—1 cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit

Serving Size

Fresh/whole	½ cup
Cooked or canned	½ cup
Juice –100% fruit juice	4-6 oz
Dried fruit.	¼ cup

Vegetable Group—1 cup total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

Calcium Group—2 cups total per day; choose low-fat or fat-free.

Serving Size

Milk, yogurt	1 cup
Cheese, natural cheddar, string cheese	1 ½ oz
Salmon, canned.	3 oz
Greens	½–1 cup
Almonds.	1.5 oz

Protein Group—2 ounces total per day.

Serving Size

Meat, poultry, fish	1 oz
Dry beans and peas, cooked	¼ cup
Peanut butter	1 Tablespoon
Egg	1
Nuts or seeds.	½ oz

- The calorie range for each age group varies depending on activity level. Ask your healthcare provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child, visit www.choosemyplate.gov.
 - General information on feeding kids – www.choosemyplate.gov/kids
 - Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbihin.net/portion>
 - Get your kids to eat fruits and vegetables – www.fruitsandveggiesmatter.gov
 - For calcium-rich recipes – <http://www.nationaldairycouncil.org/Recipes/Pages/RecipeLanding.aspx>
 - Healthy school lunches, sleep and more – www.kidshealth.org
 - Ohio resources – www.healthyohioprogram.org
 - Keep your family moving – for kids: www.kidnetic.org; for parents: www.cdc.gov/nccdphp/dnpa

