

# Healthy Servings

for Children ages 2~3 years old

**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	1cup
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 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

**Milk Group** 2 cups total per day; choose lowfat or fat-free.

	Serving Size
Milk, yogurt	1 cup
Cheese, natural cheddar, string cheese	1 ½ ounces
American, processed	2 ounces

**Meat Group** 2 ounces total per day.

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

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit [www.MyPyramid.gov](http://www.MyPyramid.gov).

- General information on feeding kids – [www.MyPyramid.gov/kids](http://www.MyPyramid.gov/kids)
- Check your portion sizes – [www.theportionplate.com](http://www.theportionplate.com) or <http://hp2010.nhlbi.nih.net/portion>
- Get your kids to eat fruits & vegetables – [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- For calcium rich recipes – [www.3aday.org](http://www.3aday.org)
- Healthy school lunches, sleep and more – [www.kidshealth.org](http://www.kidshealth.org)
- Ohio resources – [www.eatbetterdobetter.org](http://www.eatbetterdobetter.org) or [www.healthyohioprogram.org](http://www.healthyohioprogram.org)
- Keep your family moving – for kids [www.kidnetic.org](http://www.kidnetic.org)  
– for parents [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
- Caffeine content of common beverages –  
[http://kidshealth.org/teen/drug\\_alcohol/drugs/caffeine.html](http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html)



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