

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



