

Guidelines to Healthy Food Choices for 2-5 Year olds

Recommendations are based on USDA's MyPyramid and the 2005 Dietary Guidelines for Americans

Food Group	Amount Per Day	Examples	Tips
Grains	3-5 ounces	1 oz. = 1 slice bread ½ cup cooked rice or pasta 1 oz. dry cereal	Make half your grains whole. 100% whole wheat bread, corn tortillas, brown rice and oatmeal are all good options.
Vegetables	1-1 ½ cups	1 cup raw or cooked vegetables 2 cups raw leafy greens = 1 cup vegetables	Fresh, canned, frozen and 100% juice. Choose seasonal produce when possible – it will be better tasting and less expensive.
Fruits	1-1 ½ cups	1 small apple, pear, grapefruit = 1 cup fruit 1 cup fruit juice 8 strawberries = 1 cup	Fresh, canned, frozen and 100% juice. Choose seasonal produce when possible – it will be better tasting and less expensive.
Milk	2 – 3 cups	1 cup (8 oz.) milk = 1 cup milk 1 cup (8 oz.) yogurt = 1 cup milk 1 ½ oz. hard cheese (cheddar, mozzarella, Swiss) = 1 cup milk	Choose low-fat or non-fat dairy option whenever possible.
Meat & Beans	2 -4 oz.	1 oz. cooked lean pork, ham, beef, chicken or turkey = 1 oz. meat & beans 1 egg = 1 oz. meat & beans 12 almonds, 24 pistachios, 7 walnut halves = 1 oz. meat & beans	Choose lean meats whenever possible. Try to include one serving of plant based protein, such as beans or tofu, every day.