

Guidelines for Recommended Daily Servings

2 Year Old Child (1000 calories)

Grains: 3 oz
Veg: 1 cup
Fruits: 1 cup
Milk: 2 cups
Meat/Beans: 2 oz
Oils/Fats: 3 tsp
Extras: 165 calories

3 Year Old Girl (1200 calories)

Grains: 4 oz
Veg: 1.5 cup
Fruits: 1 cup
Milk: 2 cups
Meat/Beans: 3 oz
Oils/Fats: 4 tsp
Extras: 170 calories

3 Year Old Boy (1400 calories)

Grains: 5 oz
Veg: 1.5 cup
Fruits: 1.5 cup
Milk: 2 cups
Meat/Beans: 3 oz
Oils/Fats: 4 tsp
Extras: 170 calories

4 Year Old Girl (1400 calories)

Grains: 5 oz
Veg: 1.5 cup
Fruits: 1.5 cup
Milk: 2 cups
Meat/Beans: 3 oz
Oils/Fats: 4 tsp
Extras: 170 calories

4 Year Old Boy (1400 calories)

Grains: 5 oz
Veg: 1.5 cup
Fruits: 1.5 cup
Milk: 2 cups
Meat/Beans: 3 oz
Oils/Fats: 4 tsp
Extras: 170 calories

5 Year Old Child (1400 calories)

Grains: 5 oz

Veg: 1.5 cup

Fruits: 1.5 cup

Milk: 2 cups

Meat/Beans: 3 oz

Oils/Fats: 4 tsp

Extras: 170 calories

6-12 Year Old Child (1800 calories)

Grains: 6 oz

Veg: 2.5 cup

Fruits: 1.5 cup

Milk: 3 cups (8 – 12 yo 3 cups, 2-5 yo 2 cups)

Meat/Beans: 5 oz

Oil and fats are needed in small amounts. Beware solid/saturated and trans fats and choose foods low in added sugar and sweeteners.