



# 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.).

	<b>Serving Size = 1 ounce</b>
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

	<b>Serving Size</b>
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.

	<b>Serving Size</b>
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.

	<b>Serving Size</b>
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](http://www.choosemyplate.gov).
  - General information on feeding kids – [www.choosemyplate.gov/kids](http://www.choosemyplate.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 and vegetables – [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
  - For calcium-rich recipes – <http://www.nationaldairycouncil.org/Recipes/Pages/RecipeLanding.aspx>
  - Healthy school lunches, sleep and more – [www.kidshealth.org](http://www.kidshealth.org)
  - Ohio resources – [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)

