

# FOOD Guide PYRAMID

## for Young Children

A Daily Guide for 2- to 6-Year-Olds



**FOOD IS FUN** and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

### WHAT COUNTS AS ONE SERVING?

#### GRAIN GROUP

1 slice of bread  
1/2 cup of cooked rice or pasta  
1/2 cup of cooked cereal  
1 ounce of ready-to-eat cereal

#### VEGETABLE GROUP

1/2 cup of chopped raw or cooked vegetables  
1 cup of raw leafy vegetables

#### FRUIT GROUP

1 piece of fruit or melon wedge  
3/4 cup of juice  
1/2 cup of canned fruit  
1/4 cup of dried fruit

#### MILK GROUP

1 cup of milk or yogurt  
2 ounces of cheese

#### MEAT GROUP

2 to 3 ounces of cooked lean meat, poultry, or fish.  
1/2 cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

#### FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

# EAT a variety of FOODS AND ENJOY!