

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



is Worth a Pound

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	1cup
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.MyPyramid.gov.

- General information on feeding kids – www.MyPyramid.gov/kids
- 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



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