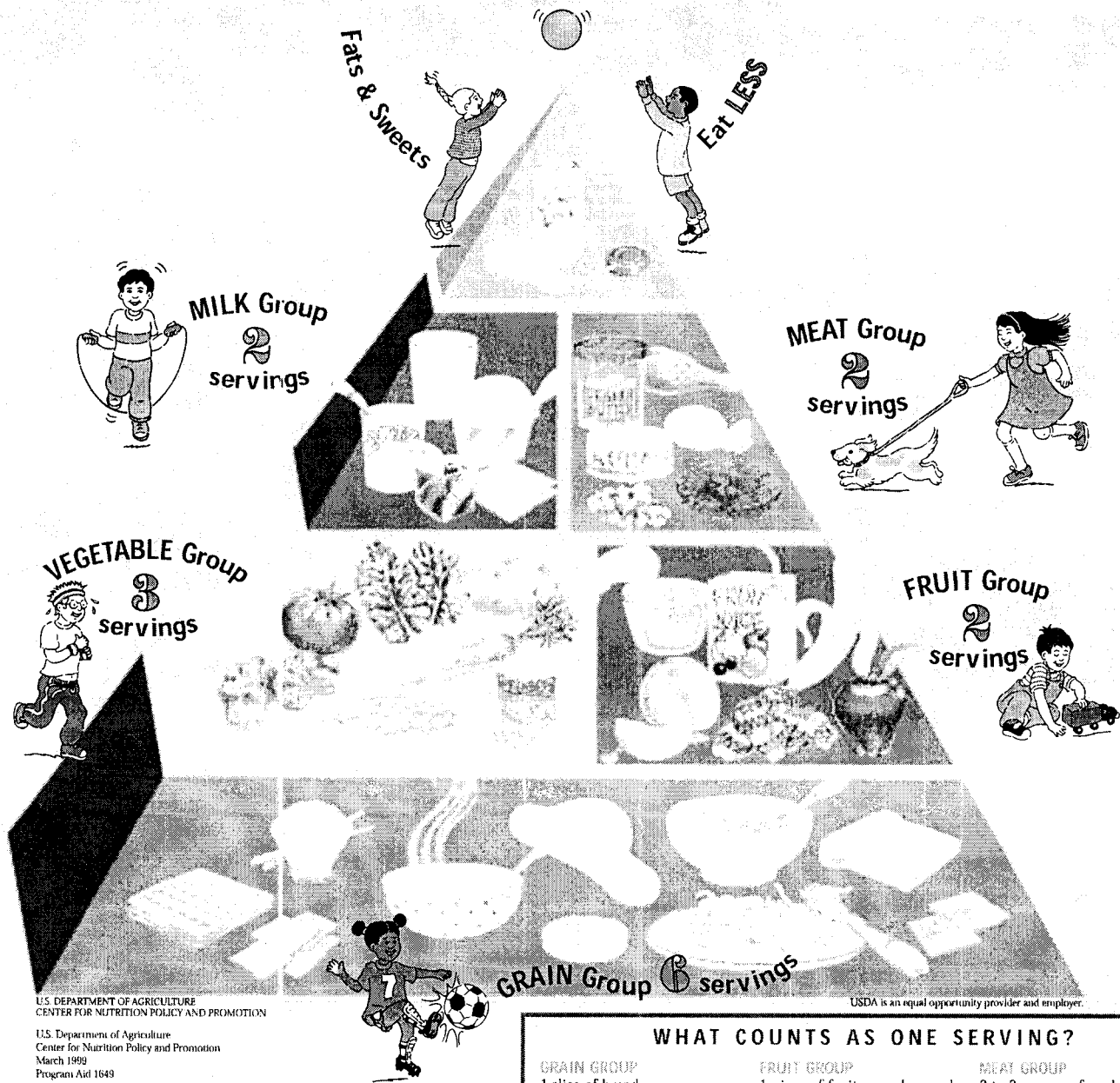


FOOD GUIDE PYRAMID

for Young Children

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



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

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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!



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Healthy Living

Feeding Guide for Children

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The key to a healthy weight and nutritional balance is choosing the appropriate amounts of each food. Below, is a table indicating the appropriate serving size of the major food groups for children in different age groups.

Age	2 To 3		4 To 6		7 To 12		Comments
Food	Portion Size	Servings	Portion Size	Servings	Portion Size	Servings	
Milk and dairy	1/2 c (4 oz)	4-5 (16-20 oz total)	1/2 to 3/4 (4-6 oz)	3-4 (24-32 oz total)	1/2-1 c (4-8 oz)	3-4 (24-32 oz total)	The following may be substituted for 1/2 c fluid milk: 1/2-3/4 oz cheese, 1/2 cup yogurt, 2 1/2 tbsp nonfat dry milk
Meat, fish, poultry, or equivalent	1-2 oz	2 (2-4 oz total)	1-2 oz	2 (2-4 oz total)	2 oz	3-4 (6-8 oz total)	The following may be substituted for 1 oz meat, fish, or poultry: 1 egg, 2 tbsp peanut butter, 4-5 tbsp cooked legumes
Vegetables (Cooked)	2-3 tbsp	4-5	3-4 tbsp	4-5	1/4 to 1/2 c	3-4	Include one green leafy or yellow vegetable for vitamin A, such as carrots, spinach, broccoli, winter squash, or greens
Vegetables (Raw)*	Few pieces	4-5	Few pieces	4-5	Several Pieces	3-4	
Fruit (Raw)	1/2-1 small		1/2-1 small		1 medium		Include one vitamin C-rich fruit, vegetable, or juice, such as citrus
Fruit (Canned)	2-4 tbsp		4-6 tbsp		1/4-1/2 c		

Age	2 To 3		4 To 6		7 To 12	
Fruit (Juice)	3-4 oz		4 oz		4 oz	
Whole grain or enriched bread	1/2-1 slice	3-4	1 slice	3-4	1 slice	4-5
Cooked cereal	1/4-1/2 c	3-4	1/2 c	3-4	1/2-1 c	4-5
Dry cereal	1/2-1 c	3-4	1 c	3-4	1 c	4-5

The following may be substituted for 1 slice of bread: 1/2 c spaghetti, macaroni, noodles, or rice; 5 saltines; 1/2 English muffin or bagel; 1 tortilla; corn grits or posole

*Do NOT give raw vegetables to young children until they can chew well.

Source: A Parent's Guide to Obesity (© 2006 American Academy of Pediatrics)

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Source [A Parent's Guide to Childhood Obesity: A Road Map to Health \(Copyright © 2006 American Academy of Pediatrics\)](#)

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