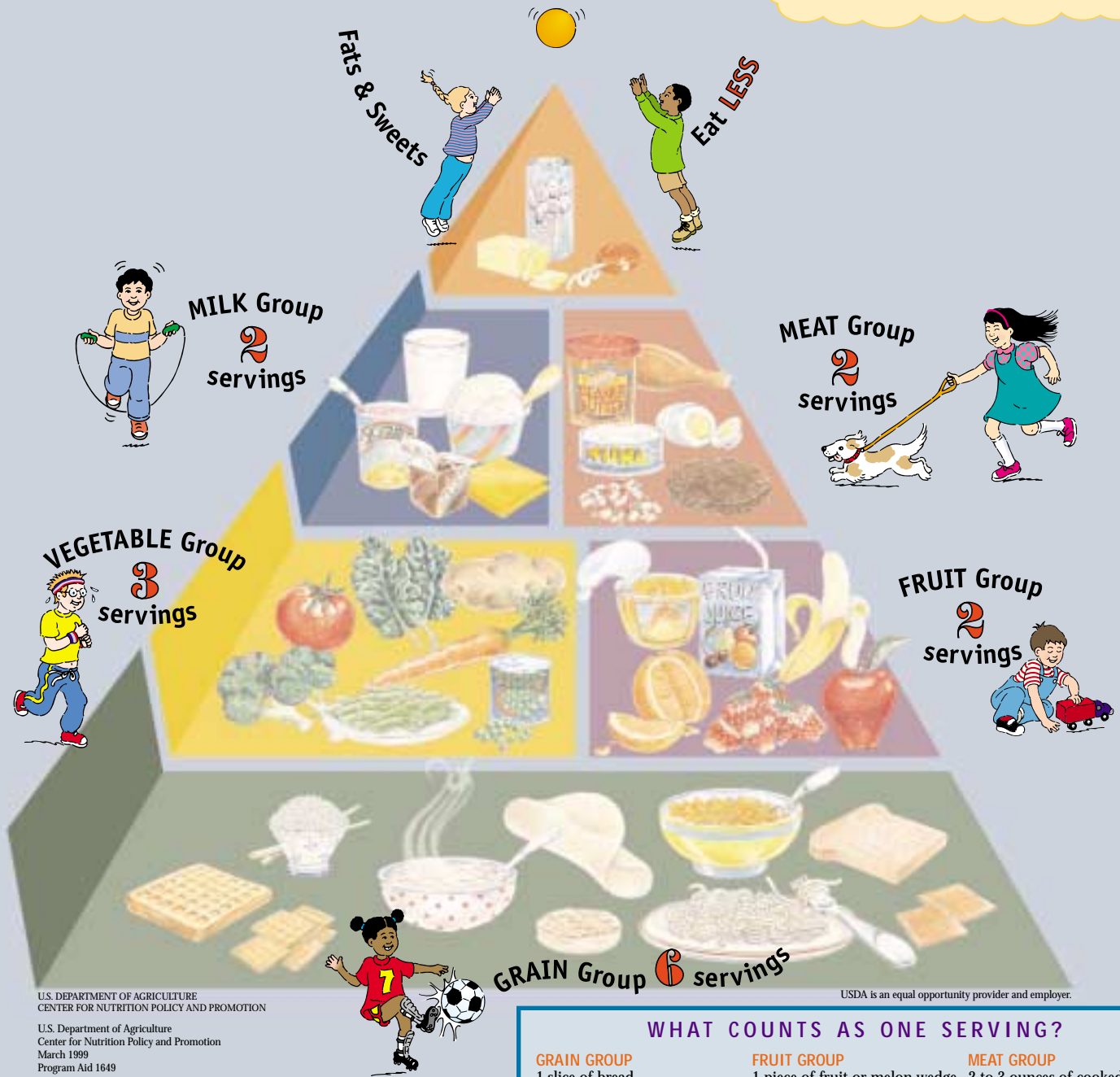


# USDA Food Guide Pyramid for Children

# 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?		
<b>GRAIN GROUP</b> 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	<b>FRUIT GROUP</b> 1 piece of fruit or melon wedge 3/4 cup of juice 1/2 cup of canned fruit 1/4 cup of dried fruit	<b>MEAT GROUP</b> 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.
<b>VEGETABLE GROUP</b> 1/2 cup of chopped raw or cooked vegetables 1 cup of raw leafy vegetables	<b>MILK GROUP</b> 1 cup of milk or yogurt 2 ounces of cheese	<b>FATS AND SWEETS</b> 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!**

