

# How Much Is Enough?

Do you ever wonder if your child is eating enough, or too much? MyPyramid.gov and MyPyramid for Kids can help you. Use them to plan sensible amounts for meals and snacks, for your child – and for you!

## How much does your child need?

Most children, ages 2 to 5, need between 1,000 and 1,600 calories a day. The amount your child needs depends on his/her age, gender, body size, and physical activity level. To find your child's pyramid, go to MyPyramid.gov.

**Many children ages 2-5 need the following amounts from each food group, depending on their calorie level.**

For 1,000 to 1,600 calories, your child should have

Grains	3 to 5-ounce equivalents
Fruits	1 to 1½ cups
Vegetables	1 to 2 cups
Milk*	2 cups
Meat and Beans	2 to 5-ounce equivalents

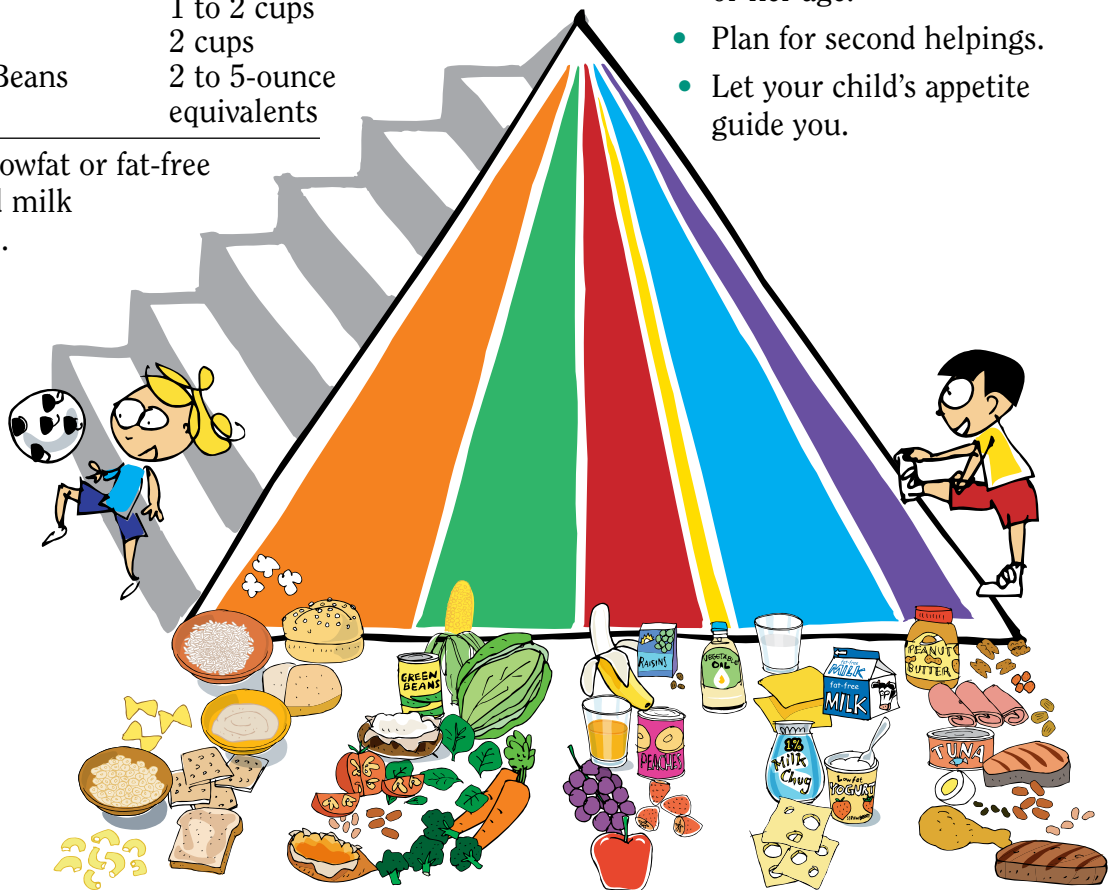
\* Choose lowfat or fat-free milk and milk products.

**This guide can help you plan the total amount your child may need for a day.**

Do not use it to force more food or stop your hungry child from eating. Appetites change from day to day. And each child's needs are different.

Your child may not eat much at one time. That is okay. Small amounts may be enough for a small stomach.

- Serve small amounts.
- Start with 1 tablespoon of each food for each year of his or her age.
- Plan for second helpings.
- Let your child's appetite guide you.



Provided by \_\_\_\_\_

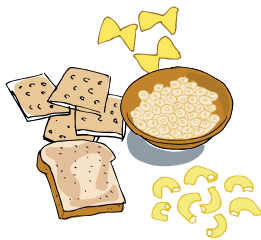
# How Much Is Enough?

## Common measures from each food group:

### Grains Group

The following amounts of food count as 1 ounce equivalents:

- 1 slice of bread
- 1 cup dry cereal, flakes or rounds (or 1 ounce) or 1 ¼ cup puffed cereal
- ½ cup cooked pasta, rice, or cereal
- 1 tortilla, 6-inch size
- 1 pancake or waffle, 4½-inch size
- 3 cups popcorn
- ½ hamburger bun or ½ English muffin, or 1 “mini” bagel



### Milk Group

The following amounts of food count as 1 cup:

- 8 fluid ounces milk
- 8 fluid ounces yogurt
- 1½ ounces natural cheese like cheddar
- 2 ounces processed cheese
- 1½ cups ice cream
- 1 cup frozen yogurt



### Meat and Beans Group

The following amounts of food count as 1 ounce equivalents:

- 1 ounce lean meat, fish, or poultry
- ½ ounce nuts or seeds
- 1 egg
- ¼ cup cooked dry beans or tofu
- 1 tablespoon of peanut butter



### Vegetables Group

The following amounts of food count as 1 cup:

- 2 cups of raw, leafy vegetables
- 1 cup cut-up raw or cooked vegetables
- 1 cup vegetable juice
- 1 medium potato
- 20 medium length French fries



### Fruits Group

The following amounts of food count as 1 cup:

- 1 cup 100% fruit juice
- 1 small apple
- 1 medium pear
- 1 cup chopped or canned fruit
- 1 medium grapefruit
- ½ cup dried fruit



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU