


# Child Feeding Guide (✓ off list)

# Ages 1 - 2 years

**Grains:** 2 ounce equivalents/day 


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**Notes:**

**Examples of 1 ounce equivalents:**

- 1 slice bread
- ½ cup cooked cereal
- ½ cooked pasta or rice
- 1 ounce (¾ c.) cold cereal
- 1 small muffin(whole wheat, plain)
- 1 pancake
- 3 cups popped popcorn
- 1 small tortilla
- 7 saltines


**Vegetables:** ¾ cup/day 

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**Notes:**

**Examples of 1 cup equivalents:**

- 1 cup raw or cooked vegetables
- 2 cups raw leafy vegetables
- 6 ounces vegetable juice
- 1 medium potato
- 1 large tomato
- 12 baby carrots


**Fruits:** 1 cup/day 

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**Notes:**

**Examples of 1 cup equivalents:**

- 1 medium piece of fruit
- 1 cup fresh, frozen or canned fruit
- 6-8 ounces 100% fruit juice
- ½ cup dried fruit

**Dairy/Dairy products:** 2 cups/day 


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**Notes:**

**Examples of 1 cup dairy:**

- 1 cup milk
- 1 cup yogurt
- 1-1/2 ounces natural cheese
- 2 ounces processed cheese
- 1-1/2 cups ice cream
- 1 cup pudding made with milk
- 1/3 cup shredded cheese

**Meat/Alternatives:** 1- 2 ounce equivalents/day 


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**Notes:**

**Examples of 1 ounce equivalents:**

- 1 ounce meat, poultry or fish
- ¼ cup dry beans or baked beans
- 1 egg
- 1 T. peanut butter
- ½ ounce nuts or seeds
- ¼ cup tofu
- 2 T. hummus

**Oils:** No restrictions under age 2 

**Notes:**

Note: Extra sugars and fats above and beyond the food groups as based on calorie needs are found in the discretionary calorie category. Go to <http://www.mypyramid.gov> for further information.