


Child Feeding Guide (✓ off list)

Ages 2 - 3 years

Grains: 3 ounce equivalents/day



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


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Notes:

Vegetables: 1 cup/day




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

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Notes:

Fruits: 1 cup/day




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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

Notes:

Dairy/Dairy products: 2 cups/day



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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

Notes:

Meat/Alternatives: 2 ounce equivalents/day



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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


Notes:

Oils: 3 teaspoons

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Examples of 1 tsp. of oil:

- ½ T. of peanut butter
- 1 T. mayonnaise
- 1 T. Italian dressing

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.