

# 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!

Name \_\_\_\_\_

### Food Guide Pyramid for Young Children: Quiz

**Multiple Choice:** Circle the best answer for each question below:

1. The base or foundation of the Food Guide Pyramid is which group?  
a. milk group      b. meat group      c. grain group      d. vegetable group
2. Soft drinks would be considered a part of which group?  
a. milk group      b. fats & sweets      c. grain group      d. vegetable group
3. The Food Guide Pyramid for Young Children is designed for use with what ages?  
a. 1 to 3 year olds      b. 2 to 4 year olds      c. 2 to 6 years olds      d. 2 to 10 year olds

**Short Answer Questions:** Answer the following questions with short sentences or phrases.

1. Why is the fats & sweets section of the Food Guide considered a danger zone?
2. Why is calcium, from the milk group, important to healthy growth?

**Matching Section:** Write the name of the foods shown in the box at the bottom of the page into the corresponding Food Guide sections below:

Fats & Sweets	Milk Group	Meat Group
Vegetable Group	Fruit Group	Grain Group

ice cream	apple	chicken	bread	spaghetti	cereal	pasta
ear of corn	rice	potato	melons	tuna	yogurt	eggs
cheese	butter	lettuce	cookies	shrimp	doughnuts	pudding

## What counts as a serving?

Each of the portions listed in the five major food groups count as one Food Guide Pyramid serving for anyone over 4 years old of age. Two- to three-year-old children need the variety and the same numbers of servings as older children, but may need fewer calories. To get variety but fewer calories, feed 2- to 3-year-olds a smaller portion, but count it as one serving.

### Grain Group servings: (6 servings each day)

- WHOLE GRAIN
- 1/2 cup cooked brown rice
  - 2-3 graham crackers
  - 5-6 whole grain crackers
  - 1/2 cup cooked oatmeal
  - \*3 cups popped popcorn
  - \*3 rice or popcorn cakes
  - 1 ounce ready-to-eat whole grain cereal
  - 1 slice pumpernickel, rye or whole wheat bread
  - \*2 taco shells
  - 1 7-inch corn tortilla

### ENRICHED

- 1 ounce cooked rice or pasta
- 1/2 cup cooked spaghetti
- 1/2 English muffin or bagel
- 1 slice white, wheat, French, or Italian bread
- 1/2 hamburger or hot dog bun
- 1 small roll
- 6 crackers
- 1 4-inch pita bread
- 1 4-inch pancake
- 1/2 cup cooked grits
- 1/2 cup cooked farina
- \*9 3-ring pretzels
- 1 ounce ready-to-eat, non-sugar coated, cereal
- 1 7-inch flour tortilla

### Grain Products with More Fat and Sugars

- 1 small biscuit or muffin
- 1 small piece cornbread
- 1/2 medium doughnut
- 9 animal crackers
- 4 small cookies

Offer whole or mixed grain products for at least three of the six grain group servings which the Pyramid recommends each day.

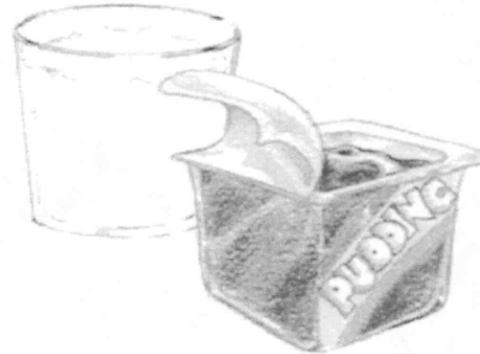


*\* May cause choking in 2- to 3 year-old children*

## What counts as a serving?

### MILK GROUP (2 servings each day)

- 1 cup milk
- 1 cup yogurt (8 ounces)
- 1 1/2 ounces natural cheese
- 2 ounces processed cheese
- 1 cup frozen yogurt
- 1 cup pudding



To reduce fat, gradually change from whole milk to lower fat dairy products such as 2% or 1% fat milk or fat-free milk by age 5.



### MEAT GROUP (2 servings each day)

Two to three ounces of cooked lean meat, poultry, or fish equal one serving from this group. Amounts from this food group total 5 ounces a day for 4- to 6-year-olds and about 3-1/2 ounces a day for 2- to 3-year-olds. Count 1 egg or 1/2 cup of cooked dry beans as 1 ounce of lean meat.

#### FOR THIS AMOUNT OF FOOD

- 2 ounces of cooked lean meat
- 2 ounces of cooked poultry or fish
- 1 egg
- \*2 tablespoons peanut butter
- \*1 1/2 frankfurters (2 ounces)
- 2 slices bologna or luncheon meat
- 1/4 cup drained canned salmon or tuna
- 1/2 cup cooked kidney, pinto, or white beans
- 1/2 cup tofu
- 1 soy burger patty

#### COUNT THIS MANY OUNCES

- 2 ounces
- 2 ounces
- 1 ounce

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## What counts as a serving?



### VEGETABLE GROUP

(3 servings each day)

- 1/2 cup cooked collard greens
- 1 cup leafy raw vegetables-  
romaine lettuce, spinach, or  
mixed green salad
- 2 cooked broccoli spears
- 1/2 cup cooked turnip greens,  
kale, or mustard greens

### DEEP YELLOW

- 1 1/2 whole carrots, cooked
- \*7-8 raw carrot sticks
- 1/2 cup winter squash

### STARCHY

- \*1 medium ear of corn
- 10 french fries
- 1 baked potato, medium
- 1/2 cup potato salad
- 1/2 cup green peas
- 1/2 cup lima beans
- 1 medium plantain

### DRY BEANS & PEAS

- 1/2 cup cooked black, kidney,  
pinto, or garbanzo beans, or  
black-eyed peas
- 1/2 cup cooked lentils
- 1 cup bean soup
- 1/2 cup cooked split peas

### OTHER

- 1/3 medium cucumber
- 9 raw snow or sugar pea pods
- 1/2 cup cooked green beans
- 4 medium brussels sprouts
- 6 slices raw summer squash
- 1/2 cup coleslaw

1/2 cup cooked cabbage

\*7-8 celery sticks

1/2 cup tomato or spaghetti sauce

3/4 cup vegetable juice

1 cup vegetable soup

1 medium tomato

\*5 cherry tomatoes

### FRUIT GROUP

(2 servings each day)

### CITRUS, MELONS, BERRIES

1/2 cup blueberries or raspberries

1/4 medium cantaloupe

3/4 cup 100% citrus juice

grapefruit half

1/8 medium honeydew

1 large kiwifruit

1 medium orange

7 medium strawberries

1 medium tangerine

1/2 cup watermelon pieces

### OTHER

1 medium apple, banana, peach,  
or nectarine

2 medium apricots

\*11 cherries

\* 1/4 cup dried fruit

1/2 cup applesauce

2 1/2 canned pineapple slices

\*12 grapes

1/2 medium mango

1/4 medium papaya

1 small pear

1/2 cup cut-up fresh, canned, or  
cooked fruit

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**Snack Suggestions:** Here are some ideas for easy to prepare snacks that can go anywhere.

**Grain Group snacks:**

Cracker stacks - wheat crackers and cheese spread  
Ready-to-eat cereals  
Flavored mini rice cakes or popcorn cakes  
Bread  
Ginger snaps or fig bars  
\*Popcorn  
\*Trail mix (ready-to-eat cereals with raisins or other dried fruit)  
Graham crackers

**Vegetable Group snacks:**

Vegetable sticks such as carrot\*, celery\*, green pepper, cucumber, or squash  
\*Celery stuffed with peanut butter  
Cherry tomatoes cut in small pieces  
Steamed broccoli, green beans, or sugar peas with lowfat dip

**Fruit Group snacks:**

Apple peanut butter slices  
Dried fruit such as raisins  
Tangerine sections  
Chunks of banana or pineapple  
Canned fruits packed in juice  
Juice box (100% juice)

**Meat Group snacks:**

Hard boiled eggs  
Peanut butter on crackers  
Bean dip spread on crackers

**Milk Group snacks:**

Milk shakes - made with fruit and milk  
Cheese slices and apple slices  
String cheese or individually wrapped slices  
Mini yogurt cups



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