

		SERVING SIZES		
FOODS INCLUDED IN THIS GROUP ARE:		1 Year	2-3 Years	4-5 Years
MILK & DAIRY PRODUCTS	<i>3 servings daily in the amounts recommended from a variety of foods listed in this group</i>			
	milk, yogurt and milk base soups	1/2 cup	1/2 cup	1/2 - 3/4 cup
	cottage cheese custard, milk pudding and ice cream (served only after a meal)	2-4 T	1-6 T	6 T
	cheese (1 oz. = 1 slice or a 1" cube)	1/3 - 2/3 oz.	2/3 - 1 oz.	1 oz.
MEAT & MEAT ALTERNATIVES	<i>2 servings daily in the amounts recommended from a variety of foods listed in this group</i>			
	beef, pork, lamb, fish and poultry	2 T or	2-3 T or	4 T or 2 oz.
	liver (every few weeks)	1 oz.	1 1/2 oz.	
	eggs	1	1	1
	cooked legumes, dried beans or peas	1/4 cup	1/3 cup	1/2 cup
nuts	Nuts and chunks of unspread peanut butter not recommended for children under four because they can cause choking.			
FRUITS & VEGETABLES	<i>5 servings daily in the amounts recommended from a variety of foods listed in this group</i>			
	VITAMIN C SOURCE FRUITS, VEGETABLES & JUICES citrus fruits, berries, melons, tomatoes, peppers, cabbage, cauliflower, broccoli, chilies and potatoes	1/3 cup	1/2 cup	1/2 cup
	VITAMIN A SOURCE FRUITS & VEGETABLES (DEEP GREEN & YELLOW) melons, peaches, apricots, carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, Brussels sprouts	1-2 T	3-4 T	4-5 T
	FRUITS	1/4 cup	1/4 cup	1/4 cup
	VEGETABLES	1-2 T	3-4 T	4-5 T
BREADS & CEREALS	<i>6 servings daily in the amounts recommended from a variety of foods listed in this group</i>			
	whole-grain, enriched or restored breads	1/2 slice	3/4 slice	3/4-1 slice
	cooked cereals, rice and pasta	1/4 cup	1/3 cup	1/2 cup
whole-grain or fortified ready-to-eat cereals	1/2 oz.	3/4 oz.	1 oz.	
FATS/ OILS	margarine, butter, oils, mayonnaise and salad dressings (1 Tablespoon = 100 calories)	1 tsp.	1 tsp.	1 tsp.
OTHER FOODS	jams, jellies, sweet desserts gravies and catsup	USE IN MODERATION		

	DAILY RECOMMENDED SERVINGS	KEY NUTRIENTS SUPPLIED
MILK & DAIRY PRODUCTS	3 servings daily For children around 1 year, additional calories and nutrients may come from breast milk, infant formula and cow's milk.	Calcium Riboflavin Protein
MEAT & MEAT ALTERNATIVES	2 servings daily	Protein Niacin Iron Thiamin
FRUITS & VEGETABLES	1 Vitamin C source daily	Vitamin C Carbohydrates including fiber
	1 Vitamin A source 3-4 times per week	Vitamin A Carbohydrates including fiber
	3 servings of other fruits and vegetables daily	Carbohydrates including fiber
BREADS & CEREALS	6 servings daily in the amounts recommend	Thiamin Iron Niacin Carbohydrates including fiber
FATS/ OILS	3 servings daily in the amounts recommended	This group is a significant source of fats for which there is no USRDA.*
OTHER FOODS	NO AMOUNT RECOMMENDED 3 servings daily is maximum	This group is a significant source of fats for which there is no USRDA.*