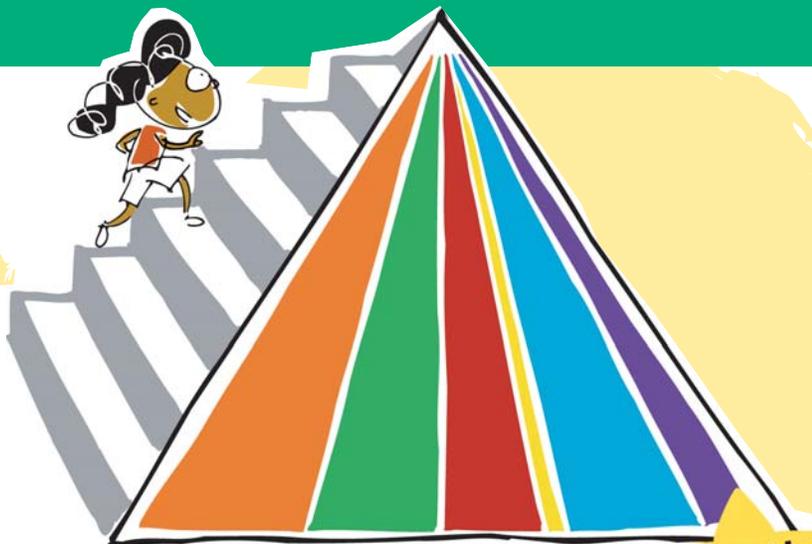


Nutrition for Kids' LIFE



The United States Department of Agriculture "MyPyramid for Kids" was made for children 6-12 years old. This handout provides food and nutrition tips for younger kids, ages 2-5 years. Use the table below to find the amounts of foods and portion sizes your child needs every day to be healthy.

Using MyPyramid For Kids With 2-5 year olds

AGES	CALORIE LEVEL*	GRAINS	VEGETABLES	FRUITS	MILK & MILK PRODUCTS	MEATS & BEANS	OILS
2 years – boys & girls	1000	3 ounces	1 cup	1 cup	2 cups	2 ounces	3 teaspoons
3 years – girls	1200	4 ounces	1 1/2 cups	1 cups	2 cups	3 ounces	4 teaspoons
3 years – boys	1400	5 ounces	1 1/2 cups	1 1/2 cups	2 cups	4 ounces	4 teaspoons
4 & 5 years – boys and girls	1400	5 ounces	1 1/2 cups	1 1/2 cups	2 cups	4 ounces	4 teaspoons
PORTION SIZES		1 ounce = 1 slice bread; 1 cup dry cereal; 1/2 cup cooked cereal, rice or pasta; 1 small flour tortilla, biscuit, or muffin; 3 cups popcorn; 7 saltines or snack crackers	1 cup = 1 cup cooked or chopped /diced raw vegetables or vegetable juice; 2 cups raw greens; 2 medium raw carrots; 1 large ear of corn; 1 medium boiled or baked potato; 1 large tomato	1 cup = 1 cup sliced, chopped, raw or cooked fruits; 1 cup 100% juice; 1/2 cup dried fruit; 1 large banana, orange, or peach; 1 medium pear or grapefruit; 1 small apple; 3 medium plums	1 cup = 1 cup nonfat or low-fat milk or yogurt; 1 1/2 ounces hard cheese; 1/3 cup shredded cheese; 2 ounces processed cheese; 1/2 cup ricotta cheese; 2 cups cottage cheese; 1 cup pudding made with milk; 1 1/2 cups ice cream	1 ounce = 1 ounce lean cooked meat, poultry or fish; 1 egg; 1/2 ounce nuts or dry seeds; 1 tablespoon peanut butter; 1/4 cup cooked dry beans or peas; 1/2 cup bean, split pea or lentil soup	3 teaspoons = 1 tablespoon of vegetable oils; 1 ounce of dry roasted nuts or sunflower seeds; 1 tablespoon of soft margarine or mayonnaise

*Recommended calorie level suggested for boys and girls ages 2 through 5 years, who are moderately active (30-60 minutes a day of moderate physical activity in addition to daily activities).

By Beth H. Olson, Ph.D., MSU Extension Nutrition Specialist, Family and Consumer Sciences, and Rita Grandgenett, M.S., R.D., Nutrition Consultant 8/07

The sample menu below shows how to put the foods and portion sizes together for a child that needs 1200 calories each day.



Family Meals Do Matter!

- Family meals are a special time to eat and share together.
- Turn off the TV and cell phones, and enjoy food and conversation with your children.
- You decide what healthful foods to serve, and your child will decide how much to eat.

Sample Menu

	GRAINS	VEGETABLES	FRUITS	MILK & MILK PRODUCTS	MEATS & BEANS	OILS
BREAKFAST	1/2 cup oatmeal or 1 cup whole grain cereal (flakes, rounds)		1/2 large orange, sectioned	1/2 cup 2% milk		
SNACK			1/2 small apple, cut in slices	1 oz. cheese		
LUNCH	1/2 turkey sandwich: 1 slice whole grain bread	6 baby carrots		1/2 cup 2% milk	1 oz. slice deli turkey with mustard/pickle relish (optional)	1 Tbsp. mayonnaise or Ranch Dressing
SNACK	4 graham cracker squares (2 1/4 x 2 1/4")				1 Tbsp. peanut butter	
DINNER	1/2 cup pasta	1/2 cup green peas; 1/2 cup spaghetti sauce		1/2 cup 2% milk	1 oz. cooked ground beef	1 tsp. olive oil for meat, pasta, and/or sauce prep
TOTAL	4 oz.	1.5 cups	1 cup	2 cups	3 oz.	4 tsp.



Be Active!

- Kids need to be active and play 1-2 hours each day.
- Have fun together! Dance, skip rope, garden-or just take a walk.
- Make sure your child gets plenty of water, especially during warm weather and when he or she is very active.



FURTHER INFORMATION

USDA's MyPyramid for Kids
<http://www.mypyramid.gov/kids/index.html>

Meals Matter
www.mealsmatter.org/CookingForFamily/

