






Daily Nutrition Recommendations for Preschoolers

Food Group	2 year olds*	3 year olds	4-5 year olds	What counts as...
 Fruits	1 cup	1 - 1 1/2 cups	1 - 1 1/2 cups	1/2 cup of fruit? <ul style="list-style-type: none"> • 1/2 cup mashed, sliced, or chopped fruit • 1/2 cup 100% fruit juice • 1/2 medium banana • 4-5 large strawberries
 Veggies	1 cup	1 1/2 cups	1 1/2 - 2 cups	1/2 cup of veggies? <ul style="list-style-type: none"> • 1/2 cup mashed, sliced, or chopped veggies • 1 cup raw leafy greens • 1/2 cup vegetable juice • 1 small ear of corn
 Grains	3 oz.	3 - 4 oz.	4 - 5 oz.	1 oz. of grains? <ul style="list-style-type: none"> • 1 slice bread • 1 cup ready-to-eat cereal flakes • 1/2 cup cooked rice or pasta • 1 tortilla (6" across)
 Protein	2 oz.	3 - 4 oz.	3 - 5 oz.	1 oz. of protein? <ul style="list-style-type: none"> • 1 ounce cooked lean meat, poultry, or seafood • 1 egg • 1 tablespoon peanut butter • 1/4 cup cooked beans or peas (kidney, pinto, lentils)
 Dairy	2 cups	2 cups	2 1/2 cups	1/2 cup of dairy? <ul style="list-style-type: none"> • 1/2 cup milk • 4 ounces yogurt • 3/4 ounce cheese • 1 string cheese

* For kids between 12 and 24 months, the 2 year old recommendations can serve as a guide, but during this year toddler diets are still in transition.

