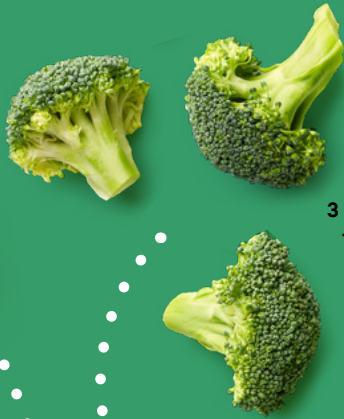


half an orange



3 broccoli florets

2-3 strawberries



1/4 cup

VEGETABLES & FRUITS

half a slice of whole-grain bread



3" pancake

1/2 cup of dry whole-grain cereal



1/2 ounce

GRAINS

SNACK:

Combine 2 food groups

MEAL:

Combine 4 food groups

SERVING SIZES FOR
2 year olds

1/2 cup

DAIRY



4 ounces of unflavored milk or fortified soy beverage



4 ounces of yogurt

1 slice of natural cheese



1 ounce

PROTEIN



1/4 cup of chicken breast



7 cashews



1 egg

1/2 a banana



4-5
strawberries



5-6 broccoli
florets

**1/2
cup**

VEGETABLES & FRUITS

half a slice
of whole-
grain bread



3"
pancake

1/2 cup of dry
whole-grain
cereal



**1/2
ounce**

GRAINS

SNACK:
Combine 2 food groups

MEAL:
Combine 4 food groups

SERVING
SIZES FOR
**3-4 year
olds**

DAIRY

PROTEIN

**1/2 - 3/4
cup**



4 - 6 ounces of
unflavored milk or
fortified soy beverage



4- 6
ounces
of yogurt



1 slice of
natural
cheese

**1 1/2
ounce**



1/3 cup of
chicken
breast



1 1/2
tablespoons
of nut butter



1/3 cup
beans

