

# Food Guide



1.5 oz cheese

1 medium sized fruit



1/2 cup berries



1/2 cup tomato sauce



3/4 cup yogurt



1/2 cup cooked vegetable



1 cup raw leafy greens



1 cup milk

## FOR TODDLERS AND YOUNG KIDS

Recommended servings per age	18-36 months	4-8 years
Vegetables	2	2 - 2.5
Fruits	2	2 - 2.5
Whole grains	3	4
Milk & alternatives	2	2
Meats & alternatives	1	1
Oils/Fats (tbsp)	2	2

2.5-3 oz cooked fish



2 tbsp nut or seed butter



1 slice whole grain bread



1/2 cup cooked potato



2 cooked eggs



1/2 cup corn



2.5-3 oz cooked meat



1/2 cup cereal

