

# how much should I offer my child?

Use these daily amounts to serve 3 meals and 1 to 2 healthy snacks.

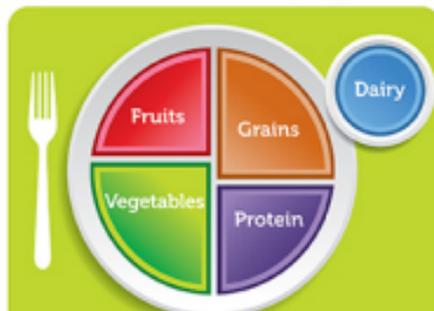
	2 year olds	3 year olds	4 and 5 year olds
fruits	1 cup	1 - 1½ cups	1 - 1½ cups
vegetables	1 cup	1½ cups	1½ - 2 cups

## start early with a healthy plate

for 2 to 5 year old children

make half your plate fruits

and vegetables



Choose **MyPlate**.gov

choose **whole grains** for at least ½ of your child's grain foods

choose **fat-free (skim) or low-fat (1%) milk** for children over the age of 2 years

serve a variety of lean **protein foods**

ounces  
ounces  
cups

2 to 60 minutes each day.

**½ cup** of milk:

- 4 ounces milk
- 4 ounces yogurt
- ¾ ounce cheese
- 1 ounce processed cheese
- 1 string cheese
- 1 cup cottage cheese

much he will eat, 1/2 cup milk a day.

on his plate, he will gain a lot - 1/2 cup milk a day. He will gain a lot - 1/2 cup milk a day.



from [www.choosemyplate.gov](http://www.choosemyplate.gov)

Your child learns by watching you...eat fruits and veggies and she will too!