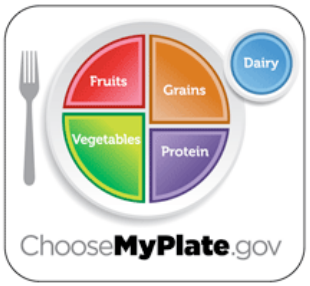
Name:



Grains 3 servings = 3 ounces	Vegetables 2 servings = 1 cup	Fruits 2 servings = 1 cup	Milk 2 servings = 2 cups	Protein 2 servings = 2 ounces
Make 1/2 your grains whole grains. Aim for at least **1 1/2 ounces** of **Whole grains** a day 1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta	**Veggies are the main source of Vitamin A** Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.	**Fruits are the main source of Vitamin C** Fruit juice can have a lot of added sugar. Choose 100% fruit juice. Eat a variety of fresh fruit.	**Milk provides calcium for strong bones and teeth** Go low-fat or fat-free when you choose milk, yogurt, or cheese.	**Choose lean or fat free meats and poultry** Vary your protein choose more fish and beans, 1 ounce = 1 Tbsp peanut butter 1 egg 1/2 cup of beans

Find your balance between food and physical activity.
Be physically active for at least **60 minutes every day**, or most days.

Limit Fats and Sugars.
Limit foods with added fats and sugars, they only add calories but no other nutrients.

Based on 1000 calories for 2 to 3 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.
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