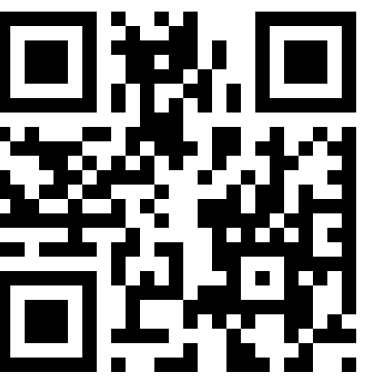
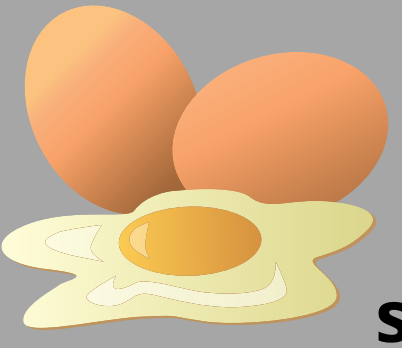






Healthy Eating for Kids



FOOD GROUP	2 to 3 year olds	4 to 8 year olds	Equivalents
 <h2>Protein</h2> <p>Meat, poultry, beans, seafood, eggs, nuts, seeds</p>	<p>2 oz</p>	<p>4 oz</p>	<p>1 oz = 1 egg, 1 tablespoon peanut butter, 1 oz uncooked meat or fish, 1/2 cup beans</p>
 <h2>Veggies</h2> <p>Fresh, frozen, canned, and dried</p>	<p>1 cup</p>	<p>1 1/2 cups</p>	<p>1 cup = 1 cup raw or cooked fresh veggies, 1 cup 100% juice, 2 cups raw leafy greens</p>
 <h2>Fruits</h2> <p>Fresh, frozen, canned, and dried</p>	<p>1 cup</p>	<p>1 1/2 cups</p>	<p>1 cup = 1 cup fruit or 100% juice, 1/2 cup dried fruit</p>
 <h2>Grains</h2> <p>Foods made with whole grains</p>	<p>3 oz</p>	<p>5 oz</p>	<p>1 oz = 1 slice of bread, 1/2 cup cooked rice or pasta, 1 cup cereal</p>
 <h2>Dairy</h2> <p>Milk, cheese, and yogurt</p>	<p>2 cups</p>	<p>2 1/2 cups</p>	<p>1 cup = 1 cup milk or yogurt, 1.5 oz natural cheese</p>

Source: <https://www.nal.usda.gov/fnic/child-nutrition>

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