This Preschooler Meal Provides:

- 1 slice toast
- 1/2 c banana
- 1/2 c oatmeal
- 1/2 c milk

Amount Needed Daily:

- Grains: 1 oz, 1 oz, 1 oz, 1 oz, 1 oz
- Vegetables: 1/4 c, 1/4 c, 1/4 c, 1/4 c, 1/4 c
- Fruits: 1/4 c, 1/4 c, 1/4 c, 1/4 c, 1/4 c
- Milk: 1/4 c, 1/4 c, 1/4 c, 1/4 c, 1/4 c
- Protein: 1 oz, 1 oz, 1 oz, 1 oz, 1 oz

*Based on 1400 kcal needs of a moderately active 3- to 5-year-old; actual needs will vary.