A Day’s Worth of Healthy Portions for Preschoolers

Sponsored by the USDA National Institute of Food and Agriculture grant 2006-55215-05938

Photo Credits: Max Levine http://maxlevinephoto.com/

A collaborative effort of:

Contacts:  
Jennifer Orlet Fisher, PhD Temple University, jofisher@temple.edu
Leann L. Birch, PhD, The Pennsylvania State University, llb15@psu.edu

Sponsored by the USDA National Institute of Food and Agriculture grant 2006-55215-05938

Photo Credits: Max Levine http://maxlevinephoto.com/
MyPlate For Preschoolers
A day’s worth of healthy portions

Having a healthy appetite is an important part of being a healthy eater. Preschoolers need to eat a variety of different types of foods daily:

- Fruits: 1 ½ cups
- Vegetables: 1 ½ cups
- Grains: 5 ounces
- Dairy: 2 ½ cups
- Protein: 4 ounces

How can these food groups fit together at meals and snacks?
The pictures in this guide show a menu that provides healthy meal and snack portions for an entire day. Offer healthy portions like these to help preschoolers meet their daily needs.*

*Based on a 1400 calorie needs of an active 3-5 year old. Visit www.choosemyplate.gov for more info.
Breakfast

- 1 slice toast
- 1/2 c banana
- 7" child plate
- 1/2 c milk
- 1/2 c oatmeal
Dinner

1/2 c peaches

2 oz chicken

1/2 c broccoli

1/2 c rice

1/2 c milk

7" child plate

This Preschooler Meal Provides:

Grains
- 1 oz
- 1 oz
- 1 oz
- 1 oz

Vegetables
- 1/4 c
- 1/4 c
- 1/4 c

Fruits
- 1/4 c
- 1/4 c

Milk
- 1/4 c
- 1/4 c
- 1/4 c

Protein
- 1 oz
- 1 oz

Amount Needed Daily*

- 1 oz
- 1 oz
- 1 oz

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

Milk

Each glass is a 1/2 cup serving of milk
Snack

1/2 c milk

1/2 c carrots

1 T dip

7" child plate

This Preschooler Snack Provides:

Grains

<table>
<thead>
<tr>
<th>Amount Needed Daily*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
</tr>
</tbody>
</table>

Vegetables

| 1/2 c | 1/2 c | 1/2 c |

Fruits

| 1/2 c | 1/2 c | 1/2 c |

Milk

| 1/2 c | 1/2 c | 1/2 c | 1/2 c |

Protein

| 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.
Technical Notes

• The daily servings shown from each food group are based on the 1400 kcal needs of a moderately active 3- to 5-year-old child (www.ChooseMyPlate.gov).
  – Actual needs vary from child to child, based on weight, gender, age, and activity.

• There are many different ways that preschoolers can meet the amount needed daily from each food group. This guide provides examples of portion sizes that can be used to help children consume the recommended daily amount from each food group (www.choosemyplate.gov) and generally follow the USDA’s Child and Adult Care Food Program portion size guidelines for children 3 to 5 years of age (www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm).

• The “child” plates shown have 7 inch diameters and represent a common size of salad plates in dishware sets.

How to Read the Legend

Each box indicates the amount of a reasonable portion size for preschoolers.

Each shaded box represents how much is shown in the picture.

Each row represents the total amount preschoolers need each day.

A collaborative effort of:

Contacts: Jennifer Orlet Fisher, PhD Temple University, jofisher@temple.edu
Leann L. Birch, PhD, The Pennsylvania State University, llb15@psu.edu

Sponsored by the USDA National Institute of Food and Agriculture grant 2006-55215-05938

Photo Credits: Max Levine http://maxlevinephoto.com/