More Examples of Healthy Preschooler Meal and Snack Portions

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

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MyPlate For Preschoolers

Healthy Meals and Snacks

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

The pictures in this guide show how to create healthy meal and snack portions for preschoolers. Offer healthy portions like these to help preschoolers meet their daily needs from each food group.*

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

- 1/2 c 100% fruit juice
- 1 c cereal
- 1/2 c milk
- 1 oz Canadian bacon
- 7” child plate

This Preschooler Meal Provides:

Grains: 1 oz
Vegetables: 1/2 c, 1/6 c, 1/6 c, 1/6 c, 1/6 c
Fruits: 1/6 c, 1/6 c, 1/6 c
Milk: 1/2 c, 1/2 c, 1/2 c, 1/2 c
Protein: 1 oz

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

1 slice toast

1/2 c banana

7" child plate

1/2 c milk

1/2 c oatmeal
Lunch/Dinner

1/2 c apples
2 oz hamburger
1 bun
1/4 c potatoes
1/4 c mixed vegetables
1/2 c milk

7” child plate

This Preschooler Meal Provides:

Grains

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<tr>
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Vegetables

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Fruits

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Milk

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Protein

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Amount Needed Daily

- "Based on 1400 kcal needs of a moderately active 3- to 5-year-old; actual needs will vary"
Lunch/Dinner

1/2 c peaches

1/2 c milk

2 oz chicken

1/2 c broccoli

1/2 c rice

7" child plate

This Preschooler Meal Provides:

Grains
Vegetables
Fruits
Milk
Protein

Amount Needed Daily*

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

- 1/2 c orange
- 7" child plate
- 1/2 c milk
- 2 oz corn tortilla
- 1 T salsa
- 1/4 c lettuce
- 2 oz ground beef
- 1/4 c tomatoes

This Preschooler Meal Provides:

Grains: 1 oz
Vegetables: 1/2 c
Fruits: 1/2 c
Milk: 1/2 c
Protein: 1 oz

Amount Needed Daily:

- 5 ounces
- 4 cups
- 2 cups
- 1/2 tbsp
- 1/4 oz

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

1/2 cup apples
1 oz peanut butter
1/2 cup milk

7” child plate

This Preschooler Meal Provides:

- Grains
- Vegetables: 1/4 cup
- Fruits: 1/4 cup
- Milk: 1/4 cup
- Protein: 1 oz

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

1/2 c milk

1/2 c carrots

1 T dip

7” child plate

This Preschooler Snack Provides:

<table>
<thead>
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<tbody>
<tr>
<td>Vegetables</td>
<td>1/2 c</td>
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<tr>
<td>Fruits</td>
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<tr>
<td>Milk</td>
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<tr>
<td>Protein</td>
<td>1 oz</td>
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*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.

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