

# Food Guide Pyramid

## A Guide for Preschoolers' Daily Food Choices\*

### KEY

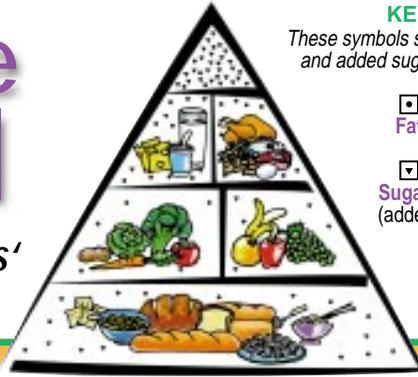
These symbols show fats, oils, and added sugars in foods.



Fat



Sugars (added)



### The Bread, Cereal, Rice, and Pasta Group

6 to 11 child-size servings each day.

A child-size serving is:

- 1 small slice of bread
- $\frac{1}{2}$  of a roll, biscuit, or muffin
- 2 to 3 small crackers
- $\frac{1}{3}$  cup of cooked cereal, rice, or pasta
- $\frac{1}{2}$  to 1 ounce of ready-to-eat cereal



### The Vegetable Group

3 to 5 child-size servings each day.

A child-size serving is:

- $\frac{1}{3}$  cup of cooked vegetables
- $\frac{1}{3}$  cup of chopped raw vegetables
- $\frac{2}{3}$  cup of leafy raw vegetables such as lettuce or spinach

### The Fruit Group

2 to 4 child-size servings each day.

A child-size serving is:

- A small whole fruit such as a small apple, banana, or orange
- A small melon wedge
- $\frac{1}{2}$  cup of juice
- $\frac{1}{3}$  cup of cooked or canned fruit
- 3 tablespoons of raisins



### The Milk, Yogurt, and Cheese Group

4 child-size servings each day.

A child-size serving is:

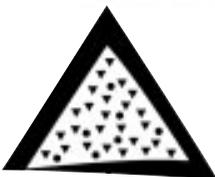
- $\frac{1}{2}$  cup of milk or yogurt
- 1-inch cube of natural cheese
- 1 slice of processed cheese

### The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

3 to 5 child-size servings each day.

A child-size serving is:

- 1 ounce of cooked lean meat, poultry, or fish
- 1 egg
- $\frac{1}{2}$  cup of cooked beans
- 2 tablespoons of peanut butter



### Fats, Oils, and Sweets

Only a small amount of these foods.

Foods such as margarine, butter, oil, and salad dressing have a lot of fat in them. Soft drinks, candies, and sweet desserts have a lot of sugar. A child who eats large amounts of fats, oils, and sweets may not get enough nutritious foods from the other food groups.

\*Daily amounts for preschool children are roughly  $\frac{2}{3}$  of the general recommendations for adults for all food groups except milk where the total intakes are the same.

