

Basic Food Guide

To ensure that the child receives adequate amounts of nutrients to promote growth and weight gain, the Basic Food Guide has been established to serve as a simple food selection guide. Follow the chart below and include in the daily diet the recommended number of servings from each of the four groups. If the child is smaller than normal for chronological age, the nutrient requirements should be based on height rather than age.

Food Group	Servings Size for Age/Height			
	1-2 years 29"-39" in height	2-3 years 34"-37" in height	3-6 years 37"-45" in height	6-12 years 45"-47" in height
Milk Group				
Include 3-4 servings daily of:				
Milk	1/2 c.	1/2-3/4 c.	3/4 c.	3/4-1c.
Cottage Cheese	1/4-1/2 c.	1/2 c.	1 c.	1 c.
Cheddar or American Cheese	1 oz.	1 oz.	1 oz.	1 1/2c.
Yogurt	1/4 c.	1/4 c.	1/4 c.	3/4 c.
Ice Cream	1/2 c.	3/4 c.	1 c.	1 c.
Pudding	1/2 c.	3/4 c.	3/4 c.	1 c.
Meat Group				
Include 2 more servings daily of:				
Meat, fish, poultry	1 oz.	1-2 oz.	1 1/2 -2 oz.	2 oz.
Eggs (limit to 3 per week)	1	1	1	1
Peanut Butter	1 Tbsp.	1-2 Tbsp.	3 Tbsp.	4 Tbsp.
Cheese	1 oz.	1 oz.	1 oz.	2 oz.
Legumes	1/4 c.	1/4 c.	1/2 c.	1 c.
Bread & Cereal Group				
Include 4 more servings daily of:				
Enriched white or wheat bread or rolls	1/2 piece	1/2 piece	1	1-2 pieces
Ready-to-eat cereals	1/4 c.	1/3 c.	1/2 c.	1 c.
Cooked cereals	2 Tbsp.	2 Tbsp.	1/4 c.	3/4 c.
Pasta, rice	2 Tbsp.	2 Tbsp.	1/4 c.	1/2 c.
Crackers	3	3	5	5
Fruit & Vegetable Group				
Include 4 more servings of:				
Unsweetened juice	1/4 -1/2 c.	1/2 c.	1/2 c.	1/2 c.
Citrus fruit, berries, tomato, cabbage	1/4 c.	1/4 c.	1/2 c.	1/2 c.
Other fruits (fresh or canned)	2 Tbsp.	2 Tbsp.	2-4 Tbsp.	1/2 c.
Green vegetables	2 Tbsp.	2 Tbsp.	2-4 Tbsp.	1/2 c.
Other vegetables (potatoes, squash, carrots)	2 Tbsp.	2 Tbsp.	2-4 Tbsp.	1/2 c.