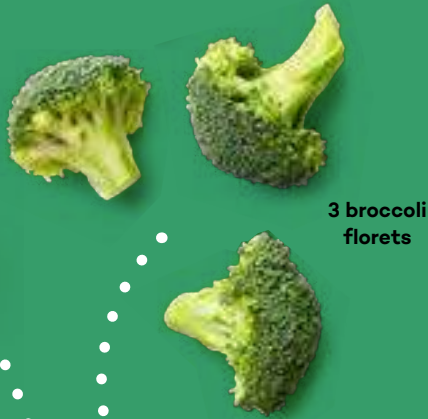


half an orange



3 broccoli florets

2-3 strawberries



**1/4 cup**

VEGETABLES & FRUITS



half a slice of whole-grain bread



3" pancake

1/2 cup of dry whole-grain cereal



**1/2 ounce**

GRAINS

**SNACK:**  
Combine 2 food groups

**MEAL:**  
Combine 4 food groups

SERVING SIZES FOR  
**2 year olds**

**1/2 cup**

DAIRY



4 ounces of unflavored milk or fortified soy beverage

1 slice of natural cheese



4 ounces of yogurt



**1 ounce**

PROTEIN

7 cashews



1 egg



1/4 cup of chicken breast



1/2 a banana



5-6 broccoli florets



4-5 strawberries

1/2 cup

VEGETABLES & FRUITS

half a slice of whole-grain bread



3" pancake

1/2 cup of dry whole-grain cereal



1/2 ounce

GRAINS

SNACK:  
Combine 2 food groups

MEAL:  
Combine 4 food groups

SERVING SIZES FOR  
3-4 year olds

1/2 - 3/4 cup

DAIRY



4 - 6 ounces of unflavored milk or fortified soy beverage

1 slice of natural cheese



4-6 ounces of yogurt



1 1/2 ounce

PROTEIN

1 1/2 tablespoons of nut butter



1/3 cup of chicken breast

1/3 cup beans



