

FOOD GROUPS CHART

	FOODS INCLUDED IN THIS GROUP ARE:	SERVING SIZES			DAILY RECOMMENDED SERVINGS	KEY NUTRIENTS SUPPLIED
		1 Year	2 - 3 Years	4 - 5 Years		
BREADS & CEREALS	6 servings daily in the amounts recommended from the variety of foods listed in this group					
	whole-grain, enriched or restored breads	1/2 slice	3/4 slice	3/4 - 1 slice	6 servings daily	Thiamin Iron Niacin Carbohydrates including fiber
	cooked cereals, rice and pasta	1/4 c.	1/3 c.	1/2 c.		
	whole-grain or fortified ready-to-eat cereals	1/2 oz.	3/4 oz.	1 oz.		
FRUITS & VEGETABLES	5 servings daily in the amounts recommended from the variety of foods listed in this group					
	VITAMIN C SOURCE FRUITS AND VEGETABLES citrus fruits, berries, melons, tomatoes, peppers, cabbage, cauliflower, broccoli, chilies and potatoes	1/3 c.	1/2 c.	1/2 c.	1 Vitamin C source daily	Vitamin C Carbohydrates including fiber
	VITAMIN A SOURCE FRUITS AND VEGETABLES (DEEP GREEN AND YELLOW) melons, peaches, apricots, carrots, spinach, broccoli, squash, pumpkin, sweet potatoes, tomatoes, brussels sprouts	1 - 2 T.	3 - 4 T.	4 - 5 T.	1 Vitamin A source 3 - 4 times per week	Vitamin A Carbohydrates including fiber
	OTHER FRUITS	1/4 c.	1/4 c.	1/2 c.	3 servings of other fruits and vegetables daily	Carbohydrates including fiber
	OTHER VEGETABLES	1 - 2 T.	3 - 4 T.	4 - 5 T.		
MEATS & MEAT ALTERNATIVES	2 servings daily in the amounts recommended from the variety of foods listed in this group					
	beef, pork, lamb, fish and poultry liver (every few weeks)	2 T. or 1 oz.	2 - 3 T or 1 ½ oz.	4 T. or 2 oz.	2 servings daily	Protein Niacin Iron Thiamin
	eggs	1	1	1		
	cooked legumes, dried beans or peas	1/4 c.	1/3 c.	1/2 c.		
	nuts	Nuts and chunks of unspread peanut butter are not recommended for children under 4 because they can cause choking.				
MILK & DAIRY PRODUCTS	3 servings daily in the amounts recommended from the variety of foods listed in this group					
	milk, yogurt and milk-based soups	1/2 c.	1/2 c.	1/2 c. - 3/4 c.	3 servings daily (2 of which should be servings from milk, yogurt and milk-based soups) For children around 1 year, additional calories and nutrients may come from breast milk, infant formula and cow's milk	Calcium Riboflavin Protein
	cottage cheese custard, milk pudding and ice cream (served only after a meal)	2 - 4 T.	4 - 6 T.	6 T.		
	cheese (1 oz. = 1 slice or a 1 inch cube)	1/3 oz. - 2/3 oz.	2/3 oz. - 1 oz.	1 oz.		
FATS/OILS	margarine, butter, oils, mayonnaise and salad dressings (1 Tablespoon = 100 calories)	1 tsp.	1 tsp.	1 tsp.	3 servings daily in the amounts recommended	This group is a significant source of fats for which there is no U.S. RDA
OTHER FOODS	jams, jellies, sweet desserts, gravies, and catsup	USE IN MODERATION			NO AMOUNT RECOMMENDED 3 servings daily is maximum	This group is a significant source of carbohydrates and fats for which there is no U.S. RDA

This chart has been adapted from:
Endres J. and Rockwell R., *Food, Nutrition and the Young Child*, St. Louis, 1980, C.V. Mosby Co.
by the American Academy of Pediatrics and the National Livestock and Meat Board (1992).