

Eat a rainbow of veggies each week!

The charts below and on the next page are meant to be used as guides. The amount of vegetable is listed per week. For example, $\frac{1}{2}$ cup of dark green vegetables is recommended for a child of 2 years. That means $\frac{1}{4}$ cup twice a week, or $\frac{1}{8}$ of a cup four times a week. Children's appetites change from day to day depending on activity, growth spurts, and how they are feeling. Keep expectations realistic and follow your child's lead.

TOOL FOR MEASURING

1 cup = 16 Tablespoons

$\frac{1}{2}$ cup = 8 Tablespoons

$\frac{1}{4}$ cup = 4 Tablespoons

$\frac{1}{8}$ cup = 2 Tablespoons

GENERAL GUIDE FOR WEEK

	AMOUNT PER WEEK	
	FOR 2-3 YEARS OLD	FOR 4-5 YEARS OLD
DARK GREEN VEGETABLES	$\frac{1}{2}$ cup	1 cup
RED & ORANGE VEGETABLES	2 $\frac{1}{2}$ cups	3 cups
BEANS & PEAS	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
STARCHY VEGETABLES	2 cups	3 $\frac{1}{2}$ cups
OTHER VEGETABLES	1 $\frac{1}{2}$ cups	2 $\frac{1}{2}$ cups

Guide for 2-3 year olds

NAME OF FAMILY MEMBER: _____

	DARK GREEN VEGETABLES ½ CUP PER WEEK	RED & YELLOW VEGETABLES 2 ½ CUPS PER WEEK	BEANS & PEAS ½ CUP PER WEEK	STARCHY VEGETABLES 2 CUPS PER WEEK	OTHER VEGETABLES 1 ½ CUPS PER WEEK
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

Guide for 4-5 year olds

NAME OF FAMILY MEMBER: _____

	DARK GREEN VEGETABLES 1 CUP PER WEEK	RED & YELLOW VEGETABLES 3 CUPS PER WEEK	BEANS & PEAS ½ CUP PER WEEK	STARCHY VEGETABLES 3 ½ CUPS PER WEEK	OTHER VEGETABLES 2 ½ CUPS PER WEEK
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					