



Recommended Amounts of Food To Offer Young Children Each Day.

Food Group	Age 1 Year	Age 2 Years	Ages 3-4 Years
Vegetables	3/4 - 1 cup	1 cup	1 - 2 cups
Fruits	3/4 - 1 cup	1 cup	1-1 1/2 cups
Grains	2 1/4 - 3 ounces	3 ounces	3-5 ounces
Protein Foods	2 ounces	2 ounces	2-5 ounces
Dairy	1 3/4 - 2 cups	2 cups	2 - 2 1/2 cups

NOTE: These amounts are a guide to the **total** amount to offer **each day**, not meal.