



Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

Healthy eating is important at every stage of life. What a child eats and drinks today can impact a child's health now and in the future. Provide foods and beverages that are full of nutrients. Make every bite count.

Food Group Amounts for 1,000 Calories a Day for Ages 12 to 23 Months

<p>1 cup</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, canned, pureed, or frozen.</p>	<p>1 cup</p> <p>Vary veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>3 ounces</p> <p>Make most grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>2 ounces</p> <p>Provide a variety of protein foods</p> <p>Include a variety of protein foods like seafood; lean meats; poultry; eggs; nut, seed, and soy products; and beans, peas, and lentils.</p>	<p>2 cups</p> <p>Provide whole milk along with reduced-fat yogurt and cheese</p> <p>Offer your child full-fat milk along with reduced-fat yogurts and cheeses. Fortified soy milk and yogurt can also count. Avoid dairy products with added sugars.</p>
<p>Limit</p> <p>Avoid foods and beverages with added sugars and choose foods and beverages with less sodium.</p>		<p>Be sure to consider food safety when feeding young kids. For more information, visit: People at Risk: Children Under Five.</p>		

MyPlate Plan

Provide healthy foods from all of the food groups, and look for signs of hunger and fullness. Prevent choking by avoiding small or tough pieces of food. Celebrate small wins, bite by bite.

Food group targets for a 1,000-calorie pattern are:	Write down the foods offered for each food group.	
 <p>Fruits 1 cup ½ cup of fruits counts as</p> <ul style="list-style-type: none"> • ½ cup fresh or canned fruit; or • ¼ cup dried fruit; or • ½ cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	 <p>A child may be hungry if he or she:</p> <ul style="list-style-type: none"> • Reaches for or points to food. • Opens his or her mouth when offered a spoon or food. • Gets excited when he or she sees food. • Uses hand motions or makes sounds to let you know he or she is still hungry. • Expresses desire for specific food with words or sounds. • Combines phrases with gestures such as “want that” and pointing. <p>A child may be full if he or she:</p> <ul style="list-style-type: none"> • Pushes food away. • Closes his or her mouth when food is offered. • Turns his or her head away from food. • Uses hand motions or makes sound to let you know he or she is full. • Shakes head to say “no more.” • Uses words like “all done” or “get down.”
 <p>Vegetables 1 cup ⅓ cup of vegetables counts as</p> <ul style="list-style-type: none"> • ⅓ cup fresh, frozen, or canned vegetables; or • ⅔ cup leafy salad greens; or • ⅓ cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	
 <p>Grains 3-ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • ½ cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	
 <p>Protein 2-ounce equivalents 1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> • 1 ounce seafood, lean meats, or poultry; or • 1 egg; or • 1 Tbsp thinly spread peanut butter; or • ¼ cup cooked beans, peas, or lentils. 	<hr/> <hr/> <hr/> <hr/>	
 <p>Dairy 2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup dairy milk; or • 1 cup dairy yogurt; or • 1 cup fortified soy milk or yogurt; or • 1 ½ ounces hard cheese. 	<hr/> <hr/> <hr/> <hr/>	 <p>Children under age 4 are at risk of choking while eating. For more information, visit: Reducing the Risk of Choking in Young Children at Mealtimes.</p>