








MYPLATE SERVINGS PER DAY

HOW MUCH SHOULD KIDS HAVE FROM EACH FOOD GROUP EACH DAY?

	2-3 YEARS OLD	4-8 YEARS OLD	9-13 YEARS OLD		14-18 YEARS OLD	
			GIRLS	BOYS	GIRLS	BOYS
 VEGETABLES CUPS	1	1.5	2	2.5	2.5	3
 FRUITS CUPS	1	1-1.5	1.5	1.5	1.5	2
 GRAINS OUNCES	3	5	5	6	6	8
 PROTEIN OUNCES	2	4	5	5	5	6.5
 DAIRY CUPS	2	2.5	3	3	3	3
 OILS TEASPOONS	3	4	5	5	5	6