

Number of Servings Per Day for Children (Birth to Five)



<i>Number of Servings per day for a one-year old</i>	
Age 1; any gender	Based on 900 calorie level)
Fruit	2
Vegetables	1.5
Grains	2
Meats/Beans	2
Milk/Dairy*	2

<i>Number of Servings per day for a two-year old</i>						
	Sedentary		Moderately Active		Active	
Gender	Female	Male	Female	Male	Female	Male
Calorie Level	1000	1000	1000	1000	1000	1000
Fruit	2	2	2	2	2	2
Vegetables	2	2	2	2	2	2
Grains	3	3	3	3	3	3
Meats/Beans	2	2	2	2	2	2
Milk/Dairy	2	2	2	2	2	2

<i>Number of Servings per day for 3-year old</i>						
	Sedentary		Moderately Active		Active	
Gender	Female	Male	Female	Male	Female	Male
Calorie Level	1000	1000	1200	1400	1400	1400
Fruit	2	2	2	3	3	3
Vegetables	2	2	3	3	3	3
Grains	3	3	4	5	5	5
Meats/Beans	2	2	3	4	4	4
Milk/Dairy	2	2	2	2	2	2

<i>Number of Servings per day for 4-year old</i>						
	Sedentary		Moderately Active		Active	
Gender	Female	Male	Female	Male	Female	Male
Calorie Level	1200	1200	1400	1400	1400	1600
Fruit	2	2	3	3	3	3
Vegetables	3	3	3	3	3	4
Grains	4	4	5	5	5	5
Meats/Beans	3	3	4	4	4	5
Milk/Dairy	2	2	2	2	2	3

<i>Number of Servings per day for 5-year old</i>						
	Sedentary		Moderately Active		Active	
	Female	Male	Female	Male	Female	Male
Calorie Level	1200	1200	1400	1400	1600	1600
Fruit	2	2	3	3	3	3
Vegetables	3	3	3	3	4	4
Grains	4	4	5	5	5	5
Meats/Beans	3	3	4	4	5	5
Milk/Dairy	2	2	2	2	3	3

<i>Servings sizes for each food group</i>		
Food Group	Servings	Examples
Fruit	1 serving = ½ cup	½ raw fruit, 1 small apple
Vegetables	1 serving = ½ cup	½ cup cut cooked vegetable/juice, 1 cup of leafy green salad
Grains	1 serving = 1 oz equivalent	1 slice bread, ½ cup of cooked pasta, 1 cup of ready to eat cereal
Meat/Beans	1 serving = 1-2 oz equivalent	1 egg, ¼ cup of cooked dry beans , 1Tbsp of peanut butter
Milk/Dairy	1 serving = 1 cup	1.5 oz of natural cheese, 1 cup of milk/yogurt

¶The 2005 Dietary Guidelines do not address serving recommendations for children less than two years old. Information gathered for infants was gathered from the American Heart Association.

*United States Department of Agriculture and American Association of Pediatrics do not recommend giving low fat/reduced fat milk to children under 2 years old.

Sedentary- less than 30 minute a day of moderate physical activity in addition to daily activities

Moderately active- at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities

Active –60 or more minutes a day of moderate physical activity in addition to daily activities

References:

2005 Dietary Guidelines available at

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>

Dietary Recommendations for Children. American Heart Association.

<http://www.americanheart.org/presenter.jhtml?identifier=3033999>

My Pyramid Food Intake Pattern Calorie Levels at

http://www.mypyramid.gov/downloads/MyPyramid_Calorie_Levels.pdf

My Pyramid: Food Intake Patterns at

http://www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf