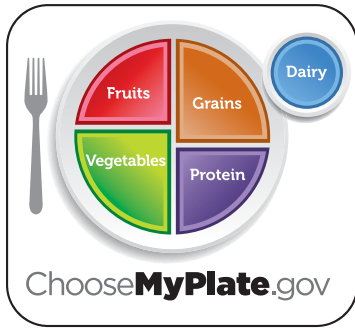


MyPlate Plans for Toddlers to Age 7



This chart was designed to provide an estimate of daily food needs based on the recommendations at www.choosemyplate.gov. On the following chart, find the child's gender, age and activity level. Mark the row with your plan. Visit www.choosemyplate.gov for more information.

Gender/Age/Activity Level	Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 2 Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 2 30-60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 2 More than 60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2 Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2 30-60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2 More than 60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 3 Less than 30 minutes of physical activity per day	4 ounces	1.5 cup	1 cup	2.5 cups	3 ounces
Boy – Age 3 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 3 More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 3 Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 3 30-60 minutes of physical activity per day	4 ounces	1.5 cup	1 cup	2.5 cups	3 ounces
Girl – Age 3 More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 4 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Boy – Age 4 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 4 More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 4 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 4 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 4 More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 5 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Boy – Age 5 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 5 More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 5 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 5 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 5 More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 6 Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 6 30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 6 More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 6 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 6 30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 6 More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 7 Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 7 30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 7 More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 7 Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 7 30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 7 More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

For more information on this and other topics see www.ag.ndsu.edu

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