YOUR KIDS NEED CALCIUM!

Growing children need calcium to build strong bones and teeth! Here are some great sources.

- Milk: 1 cup
- Natural Cheese: 1.5 oz or 1/3 cup shredded
- Yogurt: 1 container (6 oz)
- Oatmeal: made with 1 cup of milk
- Condensed Tomato Soup: 2 cups
- Macaroni & Cheese: 1 cup
- Grilled Cheese: 1 sandwich

Try using milk instead of water when preparing...
- Hot chocolate
- Scrambled eggs
- Mashed potatoes
- Tomato Soup
- Pudding

Children's appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

Source: USDA ChooseMyPlate.gov and supertracker.usda.gov/Foodapedia.aspx
**FOOD GUIDE FOR YOUNG CHILDREN**

These amounts are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested since children's appetites vary from day to day.

<table>
<thead>
<tr>
<th>Ages 4–5</th>
<th>4–5 oz</th>
<th>1.5–2 cups</th>
<th>1–1.5 cups</th>
<th>2.5 cups</th>
<th>3–5 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 2–3</td>
<td>3–5 oz</td>
<td>1–1.5 cups</td>
<td>1–1.5 cups</td>
<td>2 cups</td>
<td>2–4 oz</td>
</tr>
</tbody>
</table>

**GRAINS**
- Whole wheat bread, oatmeal, rice, pasta, cereal, tortilla

**VEGETABLES**
- Carrots, broccoli, cauliflower, green peppers, green beans, peas, tomatoes and celery

**FRUITS**
- Apples, bananas, peaches, orange slices, blueberries, dried apricots, cherries, and raisins

**DAIRY**
- Low-fat milk, fat-free milk, low-fat yogurt, natural cheese, American cheese, pudding made with milk

**PROTEINS**
- Lean meat, poultry, fish, seafood, and beans