

# YOUR KIDS NEED CALCIUM!

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



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](http://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.



## GRAINS

Whole wheat bread, oatmeal, rice, pasta, cereal, tortilla

**Ages 2-3**

**3-5 oz**

**Ages 4-5**

**4-5 oz**



## VEGETABLES

Carrots, broccoli, cauliflower, green peppers, green beans, peas, tomatoes and celery

**1-1.5 cups**

**1.5-2 cups**



## FRUITS

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

**1-1.5 cups**

**1-1.5 cups**



## DAIRY

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

**2 cups**

**2.5 cups**



## PROTEINS

Lean meat, poultry, fish, seafood, and beans

**2-4 oz**

**3-5 oz**