Name: lf you take in more calories, increase your activity. Choose My Plate.gov Vegetables **Protein** Grains **Fruits** 4 servings = 3 servings = 2 servings = 2 servings = 3 servings = 2 cups 4 ounces 1 1/2 cups 1 cup 3 ounces Make 1/2 your Veggies are the Fruits are the main Milk provides Choose lean or fat arains main source of source of Vitamin C calcium for strong free meats and whole grains. Vitamin A bones and teeth poultry Vary your protein Vary your veggies Fruit juice can have a Go low-fat or fat-free choose more fish and Aim for at least 2 and don't forget green lot of added sugar. when you choose ounces of Whole leafy and orange Choose 100% fruit milk, yogurt, or beans. vegetables like spingrains a day juice. cheese. 1 ounce = ach, broccoli and car-1 Tbsp peanut butter Eat a variety of fresh 1 ounce = rots. 1 egg 1 cup of cereal fruit. 1/2 cup of beans 1 slice of bread 1/2 cup of rice/ pasta Find your balance between food and physical activity. **Limit Fats and Sugars.** Limit foods with added fats and sugars, they only add Be physically active for at least **60 minutes every day**, calories but no other nutrients. or most days.

Based on 1200 calories for 2 to 3 years old