

Rule a Healthy Roost

Nutrition Tracking

They Need

They've Had

Grains/Bread/Pasta 	<p>Serving: 1 slice bread; ½ cup cooked rice, pasta, or cereal Total: 5 oz daily</p>	Grains/Bread/Pasta 
Veggies 	<p>Serving: ½ cup each Total: 1½–2 cups daily</p>	Veggies 
Fruits 	<p>Serving: ½ cup each Total: 1½ cups daily</p>	Fruits 
Dairy 	<p>Serving: ¾ cup each Total: 2 cups daily</p>	Dairy 
Protein (Fish/Meat/Beans) 	<p>Serving: 1 oz meat, 1 egg, 1 Tbsp peanut butter, or ¼ cup dry beans Total: 4–5 oz equivalents daily</p>	Protein (Fish/Meat/Beans) 
Activity (Running, Jumping, Playing) 	<p>Get out and PLAY!</p>	Activity (Running, Jumping, Playing) 
Sweets & Extras 	<p>Our bodies don't need these, but sometimes our minds do. If it doesn't fit above, it goes here.</p>	Sweets & Extras 

This board belongs to:

*Amounts shown are based upon recommendations by the USDA for 3–8 year olds. For variations and more specific info, visit www.mypyramid.gov.