DAILY FOOD GUIDE

for children, ages 1 to 3 years

FOOD GROUP	SERVINGS PER DAY	SERVING RECOMMENDATIONS
Breads, Grains and Cereals	6	1/2 slice bread 1/2 small tortilla, biscuit, roll, or muffin 1/2 cup cold cereal 1/3 cup hot cereal 1/3 cup cooked macaroni, noodles, or spaghetti 1/3 cup cooked rice 1/2 bun hot dog or hamburger bun 2 crackers 1 4" pancake
Fruits & Vegetables Vitamin A rich	1	1/3 cup cantaloupe or mango 1/2 small papaya 1/3 cup apricots 1/3 cup cooked bok choy, greens, spinach, sweet potato, or winter squash 1/3 cup cooked (or raw) carrots 1/2 small tomato
Vitamin C rich	1	1/3 cup juice (orange, grapefruit, or juice with vitamin C added) 1/3 cup cantaloupe, papaya, or strawberries 1/4 small or 1/3 cup grapefruit 1/2 small orange, lemon, kiwi, tangerine or tomato 1/3 cup cooked (or raw) broccoli, Brussels sprouts, cauliflower, or green pepper
Other	3	1/3 cup watermelon 1/2 small apple, banana, nectarine, peach, or pear 1/3 cup cooked asparagus, green beans, potato, peas, yellow-neck squash, zucchini, or corn 1/3 cup raw lettuce
Milk Products	5 Whole milk products recommended until age 2.	1/2 cup milk, yogurt, pudding, or custard 3/4 ounce cheese 1 cup cottage cheese 3/4 cup frozen yogurt, ice milk, or ice cream
Protein Foods	2	**Vegetable Protein** 1/2 cup cooked dry beans or peas 2 tbsp. peanut butter **Animal Protein** 1 ounce cooked beef, chicken, turkey, fish, pork, or lamb 1 egg 1/4 cup canned tuna or other canned fish

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GUIA DE ALIMENTACIÓN DIARIA

para niños (de 1 a 3 años)

GRUPOS DE ALIMENTOS	PORCIONES DIARIAS	PORCIONES RECOMENDADAS
Panes, Granos y Cereales	**6**	1/2 rebanada pan 1/2 pequeña tortilla, bízquete, bizcocho, o muffin 1/2 taza cereal frío 1/3 taza cereal cocido 1/3 taza pastas cocidas 1/3 taza arroz cocido 1/2 pan de perro caliente o hamburguesa 2 galletas 1 pequeño panqueque
Frutas y Verduras Ricas en Vitamina A	**1**	1/3 taza melón o mango 1/2 pequeña papaya 1/3 taza chabacanos 1/3 taza cocido hojas verdes, calabaza de invierno, espinaca, camote, o bok choy 1/3 taza cocido (o crudo) zanahorias 1/2 pequeño tomate
Ricas en Vitamina C	**1**	1/3 taza jugos: de naranja, toronja, o jugo con vitamina C añadida 1/3 taza melón, papaya, o fresas 1/4 pequeña toronja 1/2 pequeña naranja, limón, kiwi, mandarina o tomate 1/3 taza cocido (o crudo) bróculi, col de Bruselas, coliflor, o pimiento verde
Otras	**3**	1/3 taza sandía 1/2 pequeña manzana, plátano, nectarina, durazno, o pera 1/3 taza cocido espárragos, ejotes, papa, maíz, chícharo, calabaza de cuello amarillo, o calabacita 1/3 taza crudo lechuga
Productos de la Leche	**5** Use leche entera hasta 2 años.	1/2 taza leche, yogurt, pudín, o flan 3/4 onza queso 1 taza requesón 3/4 taza yogurt congelado, leche helada, o nieve
Alimentos con Proteína	**2**	**Proteína de Vegetal** 1/2 taza frijoles o chícharos, secos cocidos 2 cucharadas mantequilla de cacahuate **Proteína de Animal** 1 onza carnes no crudas de res, pollo, guajalote, pescado, puerco, o borrego 1 huevo 1/4 taza atún u otro pescado en lata