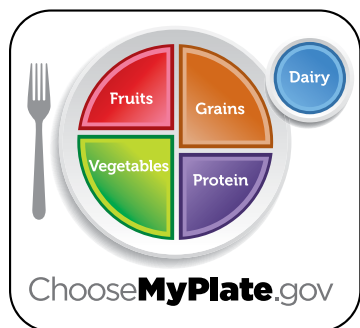


FN1497 (Reviewed January 2023)



# MyPlate Plans for Toddlers to Age 7

This chart was designed to provide an estimate of daily food needs based on the recommendations at [www.choosemyplate.gov](http://www.choosemyplate.gov). On the following chart, find the child's gender, age and activity level. Mark the row with your plan. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 2	Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 2	30-60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 2	More than 60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2	Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2	30-60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 2	More than 60 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Boy – Age 3	Less than 30 minutes of physical activity per day	4 ounces	1.5 cup	1 cup	2.5 cups	3 ounces
Boy – Age 3	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 3	More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 3	Less than 30 minutes of physical activity per day	3 ounces	1 cup	1 cup	2 cups	2 ounces
Girl – Age 3	30-60 minutes of physical activity per day	4 ounces	1.5 cup	1 cup	2.5 cups	3 ounces
Girl – Age 3	More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 4	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Boy – Age 4	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 4	More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 4	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 4	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 4	More than 60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 5	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Boy – Age 5	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 5	More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 5	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 5	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 5	More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 6	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 6	30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 6	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 6	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 6	30-60 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 6	More than 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 7	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 7	30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 7	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 7	Less than 30 minutes of physical activity per day	4 ounces	1.5 cups	1 cup	2.5 cups	3 ounces
Girl – Age 7	30-60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 7	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	2.5 cups	5 ounces