



Daily Food Guide

How much do you need each day from each food group?

Calorie levels shown in this table are averages for the group. Calorie needs will vary for individuals depending on age, gender, height, weight, and activity level. To get your personalized daily food plan, go to MyPlate.gov/myplate-plan.

	Grains	Vegetables	Fruits	Dairy	Protein
Children 2 through 4 years (1,000 to 1,600 calories)	3 to 5 ounces	1 to 2 cups	1 to 1½ cups	2 to 2½ cups	2 to 5 ounces
Children 5 through 8 years (1,200 to 2,000 calories)	4 to 6 ounces	1½ to 2½ cups	1 to 2 cups	2½ cups	3 to 5½ ounces
Women, including Pregnant Women in 1 st trimester (1,800 to 2,400 calories)	6 to 7 ounces	2½ to 3 cups	1½ to 2 cups	3 cups	5 to 6½ ounces
Breastfeeding Women and Pregnant Women in 2 nd and 3 rd trimesters (2,200 to 2,600 calories)	7 to 9 ounces	3 to 3½ cups	2 cups	3 cups	6 to 6½ ounces

Here are the foods that are included in each food group:

Grains Group

1 ounce of grains equals:

- 1 slice of bread
- 1 to 1¼ cups ready-to-eat cereal
- ½ cup cooked rice, pasta, or cereal
- 1 small bran muffin
- ½ hamburger bun or English muffin
- 1 pancake (4½ inches in diameter)
- 5 whole wheat crackers
- 3 cups popped popcorn*

Make half your grains **WHOLE** grains.

Vegetables Group

1 cup of vegetables equals:

- 1 cup raw* or cooked vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

Try to have a variety of vegetables each day.

Fruits Group

1 cup of fruit equals:

- 1 cup fruit
- ½ cup dried fruit*
- 1 cup fruit juice

Make most choices fruit, not juice.

Dairy Group

1 cup of dairy equals:

- 1 cup milk or yogurt
- 2 slices or 1½ ounces natural cheese
- 1½ slices American deluxe cheese

For adults and children ages 2 years and older, switch to fat free or lowfat milk and yogurt.

Protein Group

1 ounce of protein foods equals:

- 1 ounce cooked meat, fish, or poultry
- 1 egg
- 1 tablespoon of peanut butter*
- ¼ cup cooked beans or peas
- ½ ounce nuts or seeds*

Choose lean meat and poultry. Vary your choices by eating fish, beans, peas, nuts, and seeds.

Choose Healthy Fats

UNSATURATED fats are healthy fats.

Foods high in unsaturated fats include:

- vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower
- nuts, nut butters, and seeds*
- avocados and olives
- fatty fish such as salmon, canned tuna, mackerel, sardines, and herring

Limit foods high in SATURATED FATS such as butter, cream, lard, fatty meats, bacon, sausage, whole milk, cheese, coconut, coconut oil, palm oil, and palm kernel oils.

Make half of your plate fruits and vegetables.

Drink water instead of sugary drinks.

Avoid oversized portions.

***Prevent Choking** Do not give children under 4 years of age the following foods: popcorn, nuts, seeds, large chunks of meat or cheese, hard pieces of vegetables or fruits (fresh or dried), hard candies, marshmallows, chips, whole grapes, and fish or meat with bones. Peanut butter or nut butter should only be given when spread thinly on crackers or toast; or thinned and blended into foods.

Florida Department of Health
WIC Program
DH 150-314, 2/21

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