

The background is a light teal color. It is decorated with several stylized, semi-circular slices of fruit. There are three slices of watermelon, each with a pink center, a green rind, and small red dashes representing seeds. There are also three slices of citrus fruit, likely lemons or oranges, with a yellow or orange center and a white rind. The slices are scattered across the page, some overlapping the text.

1 - 2 years

(12 - 24 months)

Food and **Portion Size**

- Milk and Yogurt: **1/2 Cup**
- Cheese: **1 Slice**
- Bread Products: **1/4 - 1/2 Slice, Bagel, or Biscuit**
- Pasta or Cereal: **1/4 - 1/3 cup rice or pasta, 1/3 - 1/2 cup Cereal, Grits, or Oatmeal**
- Vegetables: **1/4 - 1/3 Cup (cooked, canned, or fresh chopped)**
- Fruit: **1/2 Small Fruit, chopped, 1/4 - 1/2 Cup (Cooked, Canned, or Fresh Chopped)**
- Meat: **1-3 Tablespoons Beef, Pork, Chicken, Turkey, or Fish**
- Beans: **1/4 Cup**
- Nuts: **2 - 4 Tablespoons (chopped)**
- Eggs: **1 small egg**

Milk and Milk Products

6 servings per day

Milk and Yogurt: 1/2 Cup

Cheese: 1 Slice

Grains

6 servings per day

Bread Products: 1/4 - 1/2 Slice, Bagel, or Biscuit

Pasta or Cereal: 1/4 - 1/3 cup rice or pasta,

1/3 - 1/2 cup Cereal, Grits, or Oatmeal

Vegetables

2-3 Servings per day

Vegetables: 1/4 - 1/3 Cup

(cooked, canned, or fresh chopped)

Fruit

2-3 Servings per day

Fruit: 1/2 Small Fruit, chopped,

1/4 - 1/2 Cup (Cooked, Canned, or Fresh Chopped)

Meat and Other Protein Foods

2 servings per day

Meat: 1-3 Tablespoons Beef, Pork,
Chicken,

Turkey, or Fish

Beans: 1/4 Cup

Nuts: 2 - 4 Tablespoons (chopped)

Eggs: 1 small egg