

MyPyramid Diet Guidelines

Children ages 2 through 5

Recommended calorie levels:

Male

Female

	<30 minutes Sedentary	30-60 minutes Moderate	>60 minutes Active		<30 minutes Sedentary	30-60 minutes Moderate	>60 minutes Active
Age 2	1000	1000	1000		Age 2	1000	1000
Age 3	1000	1400	1400		Age 3	1000	1200
Age 4	1200	1400	1600		Age 4	1200	1400
Age 5	1200	1400	1600		Age 5	1200	1400

Sedentary = <30 minutes a day of moderate activity in addition to daily activities.

A lifestyle that includes only the light physical activity associated with typical daily life.

Moderate Activity = at least 30, up to 60 minutes a day of moderate activity in addition to daily activities.

Active = 60 or more minutes a day of moderate physical activity in addition to daily activities.

A lifestyle that includes physical activity equal to walking more than 3 miles each day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical daily life.

Recommended daily amounts from each food group:

	1000 calories	1200 calories	1400 calories	1600 calories
Grains	3 ounces eq.	4 ounces eq.	5 ounces eq.	5 ounces eq.
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups
Fruits	1 cup	1 cup	1.5 cups	1.5 cups
Milk	2 cups	2 cups	2 cups	3 cups
Meat	2 ounces eq.	3 ounces eq.	4 ounces eq.	5 ounces eq.
Discretionary calorie allowance	165	171	171	132

Vegetable subgroup amounts per week:

	1000 calories	1200 calories	1400 calories	1600 calories
Dark green vegetables	1 cup/week	1.5 cups/week	1.5 cups/week	2 cups/week
Orange vegetables	.5 cup/week	1 cup/week	1 cup/week	1.5 cups/week
Legumes	.5 cup/week	1 cup/week	1 cup/week	2.5 cups/week
Starchy vegetables	1.5 cups/week	2.5 cups/week	2.5 cups/week	2.5 cups/week
Other vegetables	3.5 cups/week	4.5 cups/week	4.5 cups/week	5.5 cups/week

Adapted from MyPyramid.gov



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