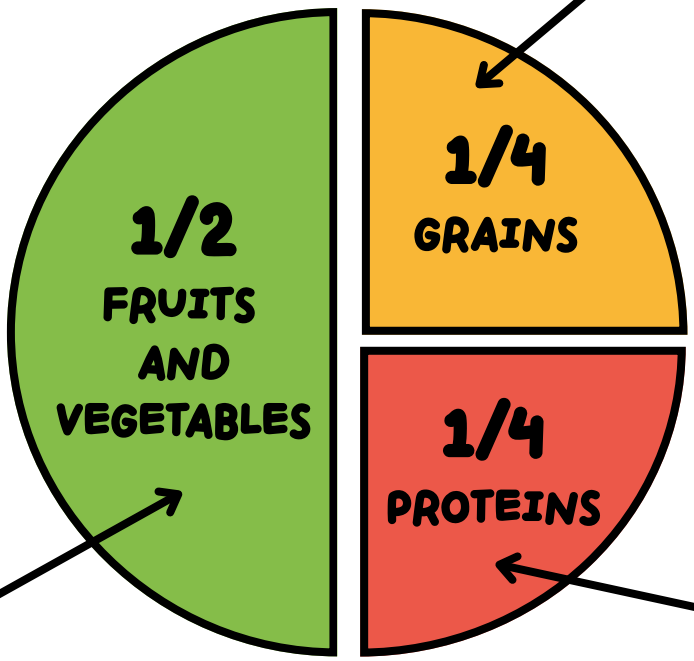
# BUILDING A HEALTHY PLATE

Building a healthy plate can be confusing, but it doesn't have to be! Use this guide to help when deciding what to put on your plate. Foods from each group can be tailored to your specific tastes, preferences or allergies. For more specific examples and guidance, ask your WIC Nutritionist.

**Fill half of your plate with fruits and vegetables. Fresh, frozen and canned all count!**






**Fill a quarter of your plate with grains. Choose whole grains when possible!**



**Fill a quarter of your plate with proteins. Don't forget eggs, nuts, tofu and beans.**



**DAIRY**

**Include dairy or non-dairy alternatives at meals and snacks.**



## DAILY RECOMMENDATIONS: AGES 2-4

**Portion sizes for each meal will vary. Below are recommendations for the total amounts of each group to eat per day.**

| Calories | Protein | Fruits | Vegetables | Grains | Dairy |
|---|---|---|---|---|---|
| 1000-1600 | 2-5 ounces<br>3 ounce = size of palm | 1-1.5 cups | 1-1.5 cups | 3-5 ounces<br>1 ounce = 1 slice of bread | 2-2.5 cups |