

Recommended Good Choices

PTA[®]

For Kids 2 to 3 Years Old



A balanced diet and daily exercise are good choices for a strong body and a strong mind.

Learn more at
PTA.org/GoodChoices



Health and Wellness Facts
1 kid (2-3 years old)
1

Serving Size		1 kid (2-3 years old)	
Servings Per Container		1	
Amount Per Serving		60 minutes/day	
Physical Activity		% Daily Need**	
Grains	3 ounces*	100%	
Vegetables	1 cup	100%	
Fruits	1 cup	100%	
Milk Products	2 cups	100%	
Proteins	2 ounces	100%	
Hours of Sleep		12-14 hours/day (including naps)	

* At least half of the grains should be 100% whole grain. To provide a variety of nutrients, include fruits and vegetables from all colors of the rainbow.
** Daily needs are based on children ages 2 to 3 years old. Daily needs may be higher or lower depending on age, gender, and activity level.

	Ages: 4-8 yrs.	9-13 yrs.	14-18 yrs.
Grains			
Boys	4-5 ounces	6 ounces	7 ounces
Girls	4-5 ounces	5 ounces	6 ounces
Vegetables			
Boys	1.5 cups	2.5 cups	3 cups
Girls	1.5 cups	2 cups	2.5 cups
Fruits			
Boys	1.5 cups	1.5 cups	2 cups
Girls	1.5 cups	1.5 cups	1.5 cups
Milk Products	2 cups	3 cups	3 cups
Proteins			
Boys	3-4 ounces	5 ounces	6 ounces
Girls	3-4 ounces	5 ounces	5 ounces

INGREDIENTS: AEROBIC ACTIVITY (PLAYING TAG, DANCING), MUSCLE STRENGTHENING (CLIMBING, SWINGING, TUG-OF-WAR), BONE STRENGTHENING (HOPPING, SKIPPING, JUMPING); WHOLE WHEAT BREAD, OATMEAL, BROWN RICE, WHOLE WHEAT PASTA; GREEN BEANS, ASPARAGUS, BEETS, PEAS, SWEET POTATOES, TOMATOES, ZUCCHINI; STRAWBERRIES, BLUEBERRIES, MELON, ORANGES, BANANAS; SKIM OR LOW-FAT MILK, YOGURT, CHEESE; LEAN MEATS, BEANS, EGGS; SLEEP.

CONTAINS INFORMATION FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC.GOV), U.S. DEPARTMENT OF AGRICULTURE (MYPYRAMID.GOV), AMERICAN DIETETIC ASSOCIATION (EATRIGHT.ORG), AND NATIONAL SLEEP FOUNDATION (SLEEPFOUNDATION.ORG).

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