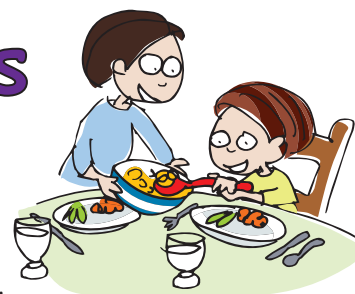


Meal and Snack Patterns

for a 1000 calorie MyPyramid Plan ...

These patterns are examples of how the MyPyramid Plan can be divided into meals and snacks for a preschooler. There are many ways to divide the amounts recommended from each food group into daily meals and snacks.



Click on either pattern to see examples of food choices for meals and snacks.

Meal and Snack Pattern A

(1000 calorie MyPyramid Plan)

Breakfast

- 1 ounce Grains
- ½ cup Fruit
- ½ cup Milk*

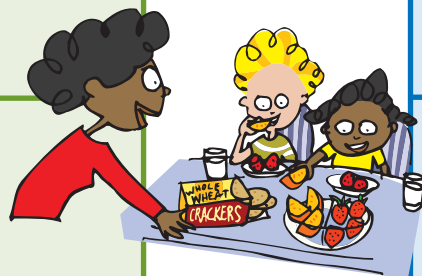


Morning Snack

- ½ ounce Grains
- ½ cup Fruit

Lunch

- ½ ounce Grains
- ¼ cup Vegetables
- ½ cup Milk*
- 1 ounce Meat & Beans



Afternoon Snack

- ¼ cup Vegetables
- ½ cup Milk*

Dinner

- 1 ounce Grains
- ½ cup Vegetables
- ½ cup Milk*
- 1 ounce Meat & Beans



Meal and Snack Pattern B

(1000 calorie MyPyramid Plan)

Breakfast

- 1 ounce Grains
- ½ cup Milk*
- 1 ounce Meat & Beans

Morning Snack

- ½ cup Fruit
- ½ cup Milk*

Lunch

- 1 ounce Grains
- ¼ cup Vegetables
- ½ cup Milk*



Afternoon Snack

- ¼ cup Vegetables
- ½ cup Fruit

Dinner

- 1 ounce Grains
- ½ cup Vegetables
- ½ cup Milk*
- 1 ounce Meat & Beans

*Offer your child fat-free or low-fat milk, yogurt, and cheese.

| MyPyramid Plan (1000 calories) | Total amount for the day |
|--------------------------------|--------------------------|
| Grain Group | 3 ounces |
| Vegetable Group | 1 cup |
| Fruit Group | 1 cup |
| Milk* Group | 2 cups |
| Meat & Beans Group | 2 ounces |

