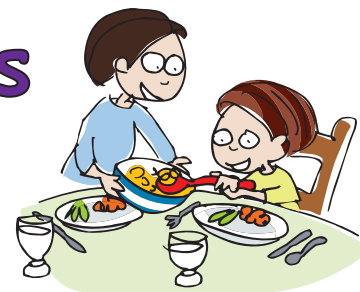


Meal and Snack Patterns

for a 1400 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

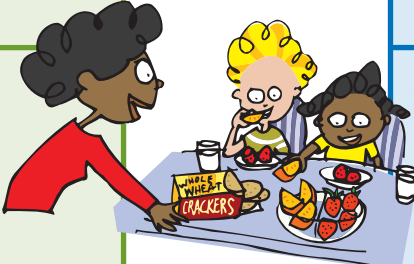
(1400 calorie MyPyramid Plan)

Breakfast
 1 ounce Grains
 ½ cup Fruit
 ½ cup Milk*




Morning Snack
 1 ounce Grains
 ½ cup Fruit
 1 ounce Meat & Beans

Lunch
 1 ounce Grains
 ½ cup Vegetables
 ½ cup Fruit
 ½ cup Milk*
 1 ounce Meat & Beans



Afternoon Snack
 ½ cup Vegetables
 ½ cup Milk*

Dinner
 2 ounces Grains
 ½ cup Vegetables
 ½ cup Milk*
 2 ounces Meat & Beans




Meal and Snack Pattern B

(1400 calorie MyPyramid Plan)

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

Morning Snack
 ½ cup Fruit
 ½ cup Milk*

Lunch
 2 ounces Grains
 ½ cup Vegetables
 ½ cup Fruit
 ½ cup Milk*



Afternoon Snack
 ½ cup Vegetables
 ½ cup Fruit
 1 ounce Meat & Beans

Dinner
 2 ounces Grains
 ½ cup Vegetables
 ½ cup Milk*
 2 ounces Meat & Beans

*Offer your child fat-free or low-fat [milk, yogurt, and cheese](#).

MyPyramid Plan (1400 calories)	Total amount for the day
Grain Group	5 ounces
Vegetable Group	1½ cups
Fruit Group	1½ cups
Milk* Group	2 cups
Meat & Beans Group	4 ounces

