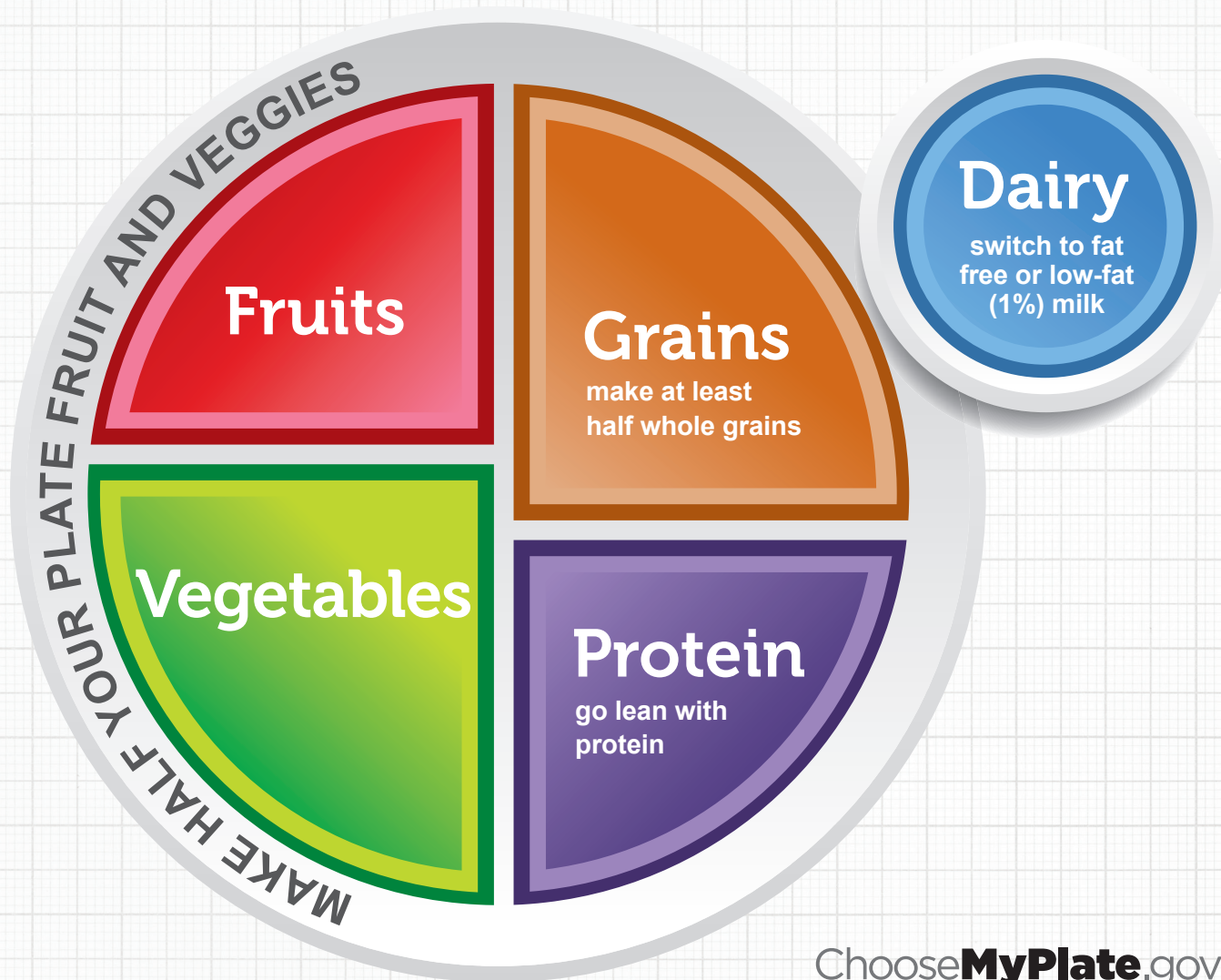


BUILDING A BETTER BABY

How do your choices stack up?



Choose **MyPlate.gov**

RECOMMENDED DAILY SERVINGS

- Fruits: 2-3 Cups Daily**
- 1 cup fresh or canned fruit
 - 1 cup 100% fruit juice
 - ½ cup dried fruit

- Vegetables: 3-4 Cups Daily**
- 1 cup raw/cooked vegetables
 - 2 cups raw or leafy greens
 - 1 cup vegetable juice
 - 1 cup beans/peas

- Grains: 6-9 oz. Daily**
- ½ cup pasta, rice, or noodles
 - 1 slice of bread
 - 1 medium waffle or pancake
 - ½ hamburger or hot dog bun
 - 1 cup of ready-to-eat cereal
 - ½ cup cooked cereal
 - ½ bagel or English muffin
 - 5 crackers
 - 1 piece matzo
 - 1 pita, biscuit, roll, or tortilla
 - 1 muffin
 - 2 inch corn bread
 - 3 cups popped popcorn

- Protein: 5.5-6.5 oz. Daily**
- 1 oz meat, poultry, pork, or fish/shellfish
 - 1 egg
 - 1 tablespoon peanut butter
 - ½ oz of nuts/seeds
 - 2 tablespoons hummus
 - ¼ cup of cooked beans
 - 2 oz tofu
 - 1 oz cooked tempeh

- Dairy: 3-4 Cups Daily**
- 1 cup milk
 - 1 cup yogurt
 - 2 oz processed cheese
 - 1½ slices natural cheese
 - 1 cup pudding made with milk
 - 2 cups cottage cheese