










Start simple with MyPlate Plan

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.








Healthy eating is important at every stage of life. What a child eats and drinks today can impact a child's health now and in the future. Provide foods and beverages that are full of nutrients. Make every bite count.

Food Group Amounts for 1,000 Calories a Day for Ages 12 to 23 Months

|  <p>Fruits</p> |  <p>Vegetables</p> |  <p>Grains</p> |  <p>Protein</p> |  <p>Dairy</p> |
|---|--|--|---|---|
| <p>1 cup</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, canned, pureed, or frozen.</p> | <p>1 cup</p> <p>Vary veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p> | <p>3 ounces</p> <p>Make most grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p> | <p>2 ounces</p> <p>Provide a variety of protein foods</p> <p>Include a variety of protein foods like soy products; eggs; seafood; lean meats and poultry; beans, peas, and lentils; and nut and seed products.</p> | <p>2 cups</p> <p>Provide whole milk along with reduced-fat yogurt and cheese</p> <p>Offer your child full-fat milk along with reduced-fat yogurts and cheeses. Fortified soy milk and yogurt can also count. Avoid dairy products with added sugars.</p> |
|  <p>Limit</p> <p>Avoid foods and beverages with added sugars and choose foods and beverages with less sodium.</p> | |  <p>Be sure to consider food safety when feeding young kids. For more information, visit: People at Risk: Children Under Five (only available in English).</p> | | |

MyPlate Plan

Provide healthy foods from all of the food groups and look for signs of hunger and fullness. Prevent choking by avoiding small or tough pieces of food. Celebrate small wins, bite by bite.

| In general, food group targets for a 1,000-calorie* pattern are: | Foods offered | |
|---|-------------------------|---|
|  <p>1 cup ½ cup of fruits counts as</p> <ul style="list-style-type: none"> • ½ cup raw, cooked, or canned fruit; or • ¼ cup dried fruit; or • ½ cup 100% fruit juice. | <hr/> <hr/> <hr/> <hr/> |  <p>A child may be hungry if he or she:</p> <ul style="list-style-type: none"> • Reaches for or points to food. • Opens his or her mouth when offered a spoon or food. • Gets excited when he or she sees food. <ul style="list-style-type: none"> • Uses hand motions or makes sounds to let you know he or she is still hungry. • Expresses desire for specific food with words or sounds. • Combines phrases with gestures such as “want that” and pointing. <p>A child may be full if he or she:</p> <ul style="list-style-type: none"> • Pushes food away. • Closes his or her mouth when food is offered. • Turns his or her head away from food. • Uses hand motions or makes sound to let you know he or she is full. • Shakes head to say “no more.” • Uses words like “all done” or “get down.”  <p>Children under age 4 are at risk of choking while eating. For more information, visit: Reducing the Risk of Choking in Young Children at Mealtimes (only available in English).</p> <p>* For more examples of foods in the food groups, visit MyPlate.gov/food (only available in English).</p> |
|  <p>1 cup ⅓ cup of vegetables counts as</p> <ul style="list-style-type: none"> • ⅓ cup fresh, frozen, or canned vegetables; or • ⅔ cup raw or ⅓ cup cooked leafy greens; or • ⅓ cup 100% vegetable juice. | <hr/> <hr/> <hr/> <hr/> | |
|  <p>3 ounce-equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • ½ cup cooked white or brown rice; or • ½ cup cooked noodles or pasta; or • 1 slice bread; or • 1 ounce ready-to-eat cereal. | <hr/> <hr/> <hr/> <hr/> | |
|  <p>2 ounce-equivalents 1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> • 1 ounce seafood, lean meats, or poultry; or • ¼ cup (about 2 ounces) tofu; or • 1 egg; or • 1 Tbsp thinly spread peanut butter; or • ¼ cup cooked beans, peas, or lentils. | <hr/> <hr/> <hr/> <hr/> | |
|  <p>2 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup dairy milk or yogurt; or • 1 cup fortified soy milk or yogurt; or • 1½ ounces hard cheese, shredded. | <hr/> <hr/> <hr/> <hr/> | |









Pib Yooj Yim nrog Kev Npaj MyPlate

Cov txiaj ntsig ntawm kev noj kom muaj dag zog ntxiv raws lub sijhawm, ib kaug rau ib kaug. Kev hloov pauv me ntswb me ntsis kuj yog qhov tseem ceeb. Pib Yooj Yim nrog MyPlate.

Kev noj kom muaj dag zog yog yam tseem ceeb nyob rau txhua qib ntawm lub neej. Yam uas tus menyuam noj thiab haus nyob rau niaj hnub no tuaj yeem cuam tshuam txog tus menyuam txoj kev noj qab haus huv tam sim no thiab yav tom ntej. Muab cov khoom noj thiab khoom haus uas muaj cov khoom noj muaj txiaj ntsig zoo rau lub cev. Ua kom txhua kaug khoom noj muaj txiaj ntsig.

Cov Pawg Khoom Noj kom tau ib Hnub 1,000 Calorie rau Cov Hnub Nyoog 12 txog 23 Lub Hlis

|  |  |  |  |  |
|--|--|---|---|---|
| <p>1 khob</p> <p>Tsom ntsees rau cov txiv hmab txiv ntoo tsheej lub</p> <p>Tsom ntsees rau cov txiv hmab txiv ntoo tseem-tseen uas tseem tshiab, ntim kaus poom, huv, lossis tsau txias.</p> | <p>1 khob</p> <p>Ntau yam zaub</p> <p>Xaiv ntau yam zaub tshiab, tsau txias, thiab ntim kaus poom uas muaj ntau xim - nco ntsoov xaiv kom muaj cov xim ntsuab tsaus, xim liab, thiab xim txiv kab ntxwv.</p> | <p>3 ounce</p> <p>Ua kom cov khoom ntsiav feem ntau yog cov ntsiav tseem-tseem</p> <p>Nrhiav cov khoom noj ntsiav puv los ntawm kev nyeem cov Ntaub Ntawv Khoom Noj Zoo Rau Lub Cev thiab cov npe khoom xyaw.</p> | <p>2 ounce</p> <p>Muab ntau yam khoom noj uas muaj ntau yam protein</p> <p>Tov koj cov khoom noj uas muaj protein kom muaj cov khoom siv taum daj ua; qe; nqaij hiav txwv; nqaij ntshiv thiab nqaij tsiaj muaj tis; taum, thiab noob taum; thiab cov khoom siv txiv ntseej thiab noob ua.</p> | <p>2 khob</p> <p>Muab cov mis nyuj tseem-tseem nrog cov yogurt thiab mis khov uas muaj roj tsawg</p> <p>Muab cov mis nyuj uas muaj roj tag nrho nrog cov yogurt thiab cov mis khov uas muaj roj tsawg rau koj tus menyuam. Cov mis uas siv taum daj ua thiab yogurt los puav leej suav nrog. Zam cov khoom siv mis ua uas muaj cov piam thaj sam ntxiv.</p> |








 Zam cov khoom noj thiab khoom haus uas muaj piam thaj sam ntxiv thiab xaiv cov khoom noj thiab khoom haus uas muaj sodium tsawg.



Nco ntsoov xav txog txoj kev nyab xeeb ntawm khoom noj thaum pub mov rau koj cov menyuam. Yog xav paub ntxiv, ces mus xyuas hauv: [Cov Neeg Muaj Kev Pheej Hmoo](#): [Cov Menyuam Hnub Nyoog Qis Dua Tsib Xyoo](#)s (tsuas muaj ua lus Askiv nkaus xwb).

Kev Npaj MyPlate

Muab cov khoom noj uas muaj txiaj ntsig zoo los ntawm txhua pawg khoom noj thiab nrhiav yam qhia txog kev tshaib nqhis thiab kev tsau plab. Tiv thaiv kev noj daig caj pas los ntawm kev zam cov daim khoom noj me lossis tawv. Ua kev zoo siab rau cov kev muaj yeej me-me, ib kaug xam ib kaug.

| Hais qhov dav-dav, cov hom phiaj pawg khoom noj kom tau ib tug qauv 1,000-calorie* yog: | Cov khoom noj uas muab rau | |
|--|-------------------------------------|---|
|  <p>1 khob ½ khob txiv hmab txiv ntoo xam raws</p> <ul style="list-style-type: none"> • ½ khob xiv hmab txiv ntoo nyoos, siav, lossis ntim kaus poom; lossis • ¼ txiv hmab txiv ntoo qhuav; lossis • ½ khob kua txiv 100%. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>Tus menyuam kuj yuav tshaib plab yog tias nws:</p> <ul style="list-style-type: none"> • Ncav lossis taw tes rau khoom noj. • Rua nws lub qhov ncauj thaum muab ib rab diav los sis khoom noj rau. • Zoo siab thaum nws pom khoom noj. <ul style="list-style-type: none"> • Siv tes taw los sis ua suab qhia rau koj paub tias nws tseem tshaib plab. • Qhia kev ntshaw qee yam khoom noj nrog cov lus hais los yog lub suab. • Txuas cov nqe lus nrog cov yeeb yam xws li “xav tau qhov ntawd” thiab taw tes rau. <p>Tus menyuam kuj yuav tsau plab lawm yog tias nws:</p> <ul style="list-style-type: none"> • Thawb cov khoom noj tawm. • Kaw nws lub qhov ncauj thaum muab khoom noj rau. • Tig nws lub taub hau tawm ntawm cov khoom noj. • Siv tes taw lossis ua suab qhia rau koj paub tias nws tsau lawm. • Co taub hau hais tias “tsis noj ntxiv lawm.” • Siv cov lus xws li “tiav lawm” lossis “nqis.”  <p>Cov menyuam hnuv nyoog qis dua 4 xyoos muaj kev pheej hmoo txog kev noj daig caj pas thaum noj mov. Yog xav paub ntxiv, ces mus xyuas hauv: Kev Txo Kev Pheej Hmoo ntawm Kev Noj Daig Caj Pas ntawm Cov Menyuum Me nyob rau Lub Sijhawm Noj Mov (tsuas muaj ua lus Askiv nkaus xwb). * Yog xav tau cov piv txwv ntau ntxiv txog ntawm cov khoom noj hauv cov pawg khoom noj, ces mus xyuas hauv MyPlate.gov/food (tsuas muaj ua lus Askiv nkaus xwb).</p> |
|  <p>1 khob 1/3 khob zaub xam raws</p> <ul style="list-style-type: none"> • ½ khob zaub tshiab, tsau txias, lossis ntim kaus poom; lossis • ⅔ khob 1/3 zaub ntsuab nyoos lossis siav; lossis • ⅓ khob kua zaub 100%. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | |
|  <p>3 ounce sib nrawg 1 ounce ntawm cov khoom ntsiav xam raws</p> <ul style="list-style-type: none"> • ½ khob mov dawb lossis mov daj uas ua siav lawm; lossis • ½ khob mij siav lossis pasta; lossis • 1 daim qhaub cij hlais; lossis • 1 ounce khoom noj uas noj tau lawm. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | |
|  <p>npaum li 2 ounce 1 ounce ntawm cov khoom noj muaj protein xam raws</p> <ul style="list-style-type: none"> • 1 ounce ntawm khoom noj hiav txwv, nqaij ntshiv, lossis nqaij tsiaj muaj tis; lossis • ¼ khob (li ntawm 2 ounce) taum paj; lossis • 1 lub qe; lossis • 1 Tbsp nphoo mis laum huab xeeb nyias-nyias; lossis • ¼ khob noob taum, lossis taum lentil uas ua siav lawm. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | |
|  <p>2 khob 1 khob mis xam raws</p> <ul style="list-style-type: none"> • 1 khob mis lossis yogurt; lossis • 1 khob mis uas siv taum daj ua lossis yogurt; lossis • 1 ½ ounce ntawm cov mis khov tawv, txhoov. | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | |