










# 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 700 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><b>1/2 cup</b></p> <p><b>Focus on whole fruits</b></p> <p>Focus on whole fruits that are fresh, dried, pureed, jarred, frozen, or canned.</p>	<p><b>2/3 cup</b></p> <p><b>Vary veggies</b></p> <p>Choose a variety of colorful fresh, frozen, or canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p><b>1 3/4 ounces</b></p> <p><b>Make most grains whole grains</b></p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p><b>2 ounces</b></p> <p><b>Provide a variety of protein foods</b></p> <p>Include a variety of protein foods like seafood; tofu and other soy products; eggs; beans, peas, and lentils; nut and seed products; and lean meats and poultry.</p>	<p><b>1 2/3 cups</b></p> <p><b>Provide whole milk or fortified soy milk along with reduced-fat yogurt and cheese</b></p> <p>Offer your child full-fat milk or fortified soy milk along with reduced-fat yogurts, soy yogurts, and cheeses. Avoid dairy products with added sugars.</p>
<p> <b>Limit</b></p> <p>Avoid foods and beverages with added sugars and choose foods and beverages with less sodium.</p>		<p> <b>Be sure to consider food safety when feeding young kids.</b></p> <p>For more information, visit: <a href="#">People at Risk: Children Under Five</a> (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 700-calorie* pattern are:	Foods offered	
 <p><b>½ cup</b> ½ cup of fruits counts as</p> <ul style="list-style-type: none"> <li>• ½ cup raw or cooked fruit; or</li> <li>• ¼ cup dried fruit; or</li> <li>• ½ cup 100% fruit juice.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	 <p><b>A child may be hungry if he or she:</b></p> <ul style="list-style-type: none"> <li>• Reaches for or points to food.</li> <li>• Opens his or her mouth when offered food.</li> <li>• Gets excited when he or she sees food.</li> </ul> <ul style="list-style-type: none"> <li>• Uses hand motions or makes sounds to let you know he or she is still hungry.</li> <li>• Expresses desire for specific food with words or sounds.</li> <li>• Combines phrases with gestures such as “want that” and pointing.</li> </ul> <p><b>A child may be full if he or she:</b></p> <ul style="list-style-type: none"> <li>• Pushes food away.</li> <li>• Closes his or her mouth when food is offered.</li> <li>• Turns his or her head away from food.</li> <li>• Uses hand motions or makes sound to let you know he or she is full.</li> <li>• Shakes head to say “no more.”</li> <li>• Uses words like “all done” or “get down.”</li> </ul>
 <p><b>⅔ cup</b> ⅓ cup of vegetables counts as</p> <ul style="list-style-type: none"> <li>• ⅓ cup raw, frozen, canned, or cooked and pureed vegetables; or</li> <li>• ⅔ cup raw or ⅓ cup cooked leafy greens; or</li> <li>• ⅓ cup rehydrated dried vegetables; or</li> <li>• ⅓ cup root vegetables.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	
 <p><b>1¾ ounce-equivalents</b> 1 ounce of grains counts as</p> <ul style="list-style-type: none"> <li>• ½ cup cooked rice, noodles, barley, pasta, or cereal; or</li> <li>• 1¼ cups congee (rice porridge); or</li> <li>• 1 slice bread or 1 ounce steamed bread; or</li> <li>• ½ bao; or</li> <li>• 2 ounces dumpling dough (before filling); or</li> <li>• 1 ounce ready-to-eat cereal.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	
 <p><b>2 ounce-equivalents</b> 1 ounce of protein foods counts as</p> <ul style="list-style-type: none"> <li>• 1 ounce seafood, lean meats (including lean organ meats), or poultry; or</li> <li>• 1 egg; or</li> <li>• ¼ cup (about 2 ounces) tofu (bean curd); or</li> <li>• 1 Tbsp thinly spread peanut butter or sesame paste; or</li> <li>• ¼ cup cooked beans, peas, or lentils.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	
 <p><b>1⅔ cups</b> 1 cup of dairy counts as</p> <ul style="list-style-type: none"> <li>• 1 cup fortified soy milk or yogurt; or</li> <li>• 1 cup dairy milk or yogurt; or</li> <li>• 1½ ounces soft cheese or hard cheese, shredded.</li> </ul>	<hr/> <hr/> <hr/> <hr/>	



**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).

\* For more examples of foods in the food groups, visit [MyPlate.gov/food](https://www.myplate.gov/food) (only available in English).








# 使用MyPlate方案，轻松开启健康饮食

健康饮食的益处日积月累，是一口一口吃出来的。小改变带来大不同。  
使用MyPlate，轻松开启健康饮食。

在人生的早期阶段，健康饮食很重要。今天一个孩子吃什么喝什么，会影响他/她现在和将来的健康。提供充满营养的食物和饮料。让吃的每一口都有利于健康。

## 面向12到23个月大人每天700卡路里的各类食物搭配量

 <p>水果</p>	 <p>蔬菜</p>	 <p>谷物</p>	 <p>蛋白质</p>	 <p>奶制品</p>
<p><b>1/2 杯</b></p> <p><b>完整吃水果</b></p> <p>以完整吃水果为主要方式，水果可以是新鲜的、脱水的、做成糊状的、玻璃罐装的、冻干的或罐头盒装的。</p>	<p><b>2/3 杯</b></p> <p><b>蔬菜多样化</b></p> <p>选择各种颜色各异的新鲜、冻干和罐装蔬菜，一定要包括深绿色、红色和橙色的蔬菜。</p>	<p><b>1 3/4 杯</b></p> <p><b>大部分谷物都应是全谷物</b></p> <p>阅读营养标签和成分表，可以找到全谷物食物。</p>	<p><b>2 盎司</b></p> <p><b>提供各种蛋白质食物</b></p> <p>蛋白质食物来源多样化，包括：海鲜；豆腐和其他豆制品；蛋类；豆类、豌豆和小扁豆；坚果和籽实产品；以及瘦肉和禽肉。</p>	<p><b>1 2/3 杯</b></p> <p><b>提供全脂奶或强化豆奶，以及减脂酸奶和奶酪</b></p> <p>向孩子提供全脂奶或强化豆奶，以及减脂酸奶、豆奶酸奶和奶酪。避免添加了糖的奶制品。</p>



避免添加了糖的食物和饮料，选择含钠量少的食物和饮料。



在喂幼儿时，一定考虑食品安全。获得更多信息，请访问：[风险人群：五岁以下儿童](#)（只有英文版）。

# MyPlate 方案

提供各个食物种类的健康食物，注意看饥饿和吃饱的迹象。避免喂小块或硬块食物，防止造成窒息。庆祝小的胜利，每一口都重要。

一般地，700卡路里*模式的各类食物搭配目标如下：	提供的食物	
<div data-bbox="105 341 252 487" style="background-color: red; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">水果</span> </div> <p><b>1/2 杯</b> 1/2杯水果的量是：</p> <ul style="list-style-type: none"> <li>• 1/2杯生的或烹饪过的水果；或</li> <li>• 1/4杯脱水水果；或</li> <li>• 1/2杯100%纯果汁。</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<div data-bbox="1407 332 1554 479" style="background-color: green; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">饥饿提示</span> </div> <p><b>如果一个孩子有以下表现，可能是饿了：</b></p> <ul style="list-style-type: none"> <li>• 伸手够食物，或者指向食物。</li> <li>• 在提供给他/她食物时，张嘴。</li> <li>• 看到食物时，感到兴奋。</li> </ul>
<div data-bbox="105 535 252 682" style="background-color: green; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">蔬菜</span> </div> <p><b>2/3杯</b> 1/3杯蔬菜的量是：</p> <ul style="list-style-type: none"> <li>• 1/3杯生的、冻干的、罐头盒装的、烹饪过的或做成糊状的蔬菜；或</li> <li>• 2/3杯生的或 1/3杯烹饪的绿叶蔬菜；或</li> <li>• 1/3杯泡开的脱水蔬菜；或</li> <li>• 1/3杯根茎类蔬菜。</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li>• 使用手势或发出声音，让你知道他/她还是饿的。</li> <li>• 用话语或声音表明想要某种具体的食物</li> <li>• 说“想要那个”等短语，并且做出用手指指向等手势。</li> </ul> <p><b>如果一个孩子有以下表现，可能是饱了：</b></p> <ul style="list-style-type: none"> <li>• 把食物推一边。</li> <li>• 在提供给他/她食物时，闭上嘴巴。</li> <li>• 看到食物把头摆向一边。</li> <li>• 使用手势或发出声音，让你知道他/她饱了。</li> <li>• 摇头表示“不要了”。</li> <li>• 使用“好了”或“下来”等词语。</li> </ul>
<div data-bbox="105 755 252 901" style="background-color: orange; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">谷物</span> </div> <p><b>相当于1 3/4盎司</b> 1盎司谷物的量是：</p> <ul style="list-style-type: none"> <li>• 1/2杯煮熟的大米、面条、大麦、意大利面或谷物；或</li> <li>• 1 1/4杯粥（大米稀饭）；或</li> <li>• 1片面包，或1盎司馒头；或</li> <li>• 1/2个包子；或</li> <li>• 2盎司饺子皮（不含馅）；或</li> <li>• 1盎司即食谷物。</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<div data-bbox="1407 876 1554 1023" style="background-color: yellow; color: black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">窒息风险</span> </div> <p><b>4岁以下儿童在进食时有窒息的风险。</b> 获得更多信息，请访问：<a href="#">降低婴幼儿吃饭时窒息风险</a>（只有英文版）。</p>
<div data-bbox="105 1031 252 1177" style="background-color: purple; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">蛋白质</span> </div> <p><b>相当于2盎司</b> 1盎司蛋白质食物的量是：</p> <ul style="list-style-type: none"> <li>• 1盎司海鲜、瘦肉（包括瘦内脏肉）或禽肉；或</li> <li>• 1个蛋；或</li> <li>• 1/4杯（大约2盎司）豆腐；或</li> <li>• 1茶匙薄薄涂抹的花生酱或芝麻酱；或</li> <li>• 1/4杯烹饪过的豆类、豌豆或小扁豆。</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
<div data-bbox="105 1315 252 1461" style="background-color: blue; color: white; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto 10px auto;"> <span style="font-size: 24px; font-weight: bold;">奶制品</span> </div> <p><b>1 2/3 杯</b> 1杯奶制品的量是：</p> <ul style="list-style-type: none"> <li>• 1杯强化豆奶或酸奶；或</li> <li>• 1杯奶或酸奶；或</li> <li>• 1 1/2盎司软奶酪或切丝硬奶酪。</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>*各类食物的例子，请访问：<a href="#">MyPlate.gov/food</a>（只有英文版）。</p>