










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>1/2 cup</p> <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, dried, pureed, jarred, frozen, or canned.</p>	<p>2/3 cup</p> <p>Vary veggies</p> <p>Choose a variety of colorful fresh, frozen, or canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>1 3/4 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 seafood; tofu and other soy products; eggs; beans, peas, and lentils; nut and seed products; and lean meats and poultry.</p>	<p>1 2/3 cups</p> <p>Provide whole milk or fortified soy milk along with reduced-fat yogurt and cheese</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>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 700-calorie* pattern are:	Foods offered	
 <p>½ cup ½ cup of fruits counts as</p> <ul style="list-style-type: none"> • ½ cup raw or cooked 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 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>⅔ cup ⅓ cup of vegetables counts as</p> <ul style="list-style-type: none"> • ⅓ cup raw, frozen, canned, or cooked and pureed vegetables; or • ⅔ cup raw or ⅓ cup cooked leafy greens; or • ⅓ cup rehydrated dried vegetables; or • ⅓ cup root vegetables. 	<hr/> <hr/> <hr/> <hr/>	
 <p>1¾ ounce-equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • ½ cup cooked rice, noodles, barley, pasta, or cereal; or • 1¼ cups congee (rice porridge); or • 1 slice bread or 1 ounce steamed bread; or • ½ bao; or • 2 ounces dumpling dough (before filling); 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 (including lean organ meats), or poultry; or • 1 egg; or • ¼ cup (about 2 ounces) tofu (bean curd); or • 1 Tbsp thinly spread peanut butter or sesame paste; or • ¼ cup cooked beans, peas, or lentils. 	<hr/> <hr/> <hr/> <hr/>	
 <p>1⅔ cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup fortified soy milk or yogurt; or • 1 cup dairy milk or yogurt; or • 1½ ounces soft cheese or hard cheese, shredded. 	<hr/> <hr/> <hr/> <hr/>	

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



從 MyPlate Plan 開始

健康飲食的好處隨著時間的推移一點一點地累積起來。小變化很重要。
從 MyPlate 開始。

健康飲食在人生的每個階段都很重要。孩子今天吃什麼和喝什麼會影響孩子現在及未來的健康。提供含豐富營養的飲食。每一口都要有價值。

12 至 23 個月每天 700 卡路里的食物組份量

 <p>水果</p>	 <p>蔬菜</p>	 <p>穀物</p>	 <p>蛋白質</p>	 <p>乳製品</p>
<p>1/2 杯</p> <p>專注於完整水果</p> <p>專注於新鮮、乾燥、泥狀、瓶裝、冷凍或罐裝的完整水果。</p>	<p>2/3 杯</p> <p>豐富您的蔬菜種類</p> <p>選擇各種色彩繽紛的新鮮、冷凍或罐裝蔬菜 - 確保包括深綠色、紅色和橙色的選擇。</p>	<p>1 3/4 盎司</p> <p>選擇大部分穀物 全穀物</p> <p>透過閱讀營養成分標籤和成分清單來尋找全穀類食物。</p>	<p>2 盎司</p> <p>提供多種蛋白質食物</p> <p>包括多款蛋白質食物，好像海鮮；豆腐及其他豆製品；蛋；豆類、碗豆和扁豆；堅果和種子類產品；以及瘦肉和家禽肉。</p>	<p>1 2/3 杯</p> <p>提供全脂牛奶或增強營養的豆奶及低脂優格乳和起司</p> <p>為您的孩子提供全脂牛奶或增強營養的豆奶及低脂優格乳、大豆優格乳和起司。避免添加糖的乳製品。</p>
<p> 限制</p> <p>避免添加糖並選擇含鈉較少的飲食。</p>		<p> be food safe</p> <p>餵食幼兒時一定要考慮食品安全。欲瞭解更多資訊，請瀏覽： 存在風險的人：五歲以下的兒童（僅提供英文版本）。</p>		

MyPlate 計劃

提供所有食物種類中的健康食物，並尋找飢餓和飽腹的跡象。避免吃小塊或堅硬的食物，以防止窒息。一口一口地慶祝小勝利。

一般來說，700 卡路里*模式的食物組別目標是：	提供的食物	
 <p>1/2 杯 1/2 杯水相當於</p> <ul style="list-style-type: none">• 1/2 杯生水果或熟水果；或者• 1/4 杯水果乾；或者• 1/2 杯 100% 水果汁。	<hr/> <hr/> <hr/> <hr/>	 <p>如果孩子出現以下情況，他或她可能會肚餓：</p> <ul style="list-style-type: none">• 伸手去拿或指著食物。• 當提供食物時他/她張開嘴。• 當他或她看到食物時會感到興奮。 <p>• 使用手勢或發出聲音讓您知道他或她仍然肚餓。</p> <p>• 用語言或聲音表達對特定食物的渴望。</p> <p>• 將短語與手勢（例如「想要那個」和指向）結合。</p> <p>如果孩子符合以下條件，他或她可能已經吃飽了：</p> <ul style="list-style-type: none">• 將食物推開。• 當提供食物時，他或她會閉上嘴。• 他/她會轉頭不看食物。• 使用手勢或發出聲音讓您知道他或她已經吃飽了。• 搖頭表示「不要」。• 使用「全部完成」或「放下」等詞語。  <p>4 歲以下的兒童在進食時有窒息的風險。 欲瞭解更多資訊，請瀏覽： 降低幼兒用餐時窒息的風險 (僅提供英文版本)。</p> <p>有關食物種類中食物的更多例子，請瀏覽 MyPlate.gov/food (僅提供英文版本)。</p>
 <p>2/3 杯 1/3 杯蔬菜相當於</p> <ul style="list-style-type: none">• 1/3 杯生的、冷凍的、罐頭裝的或煮熟的蔬菜泥；或者• 2/3 杯生或1/3 杯煮熟的綠葉蔬菜；或者• 1/3 杯脫水乾燥的蔬菜；或者• 1/3 杯根莖類蔬菜；或者	<hr/> <hr/> <hr/> <hr/>	
 <p>1 3/4 盎司當量 1 盎司穀物計為</p> <ul style="list-style-type: none">• 1/2 杯煮熟的米飯、麵條、大麥、麵食或穀類食品；或者• 1 1/4 杯粥（米粥）；或者• 1 片麵包或 1 盎司饅頭；或者• 1/2 包；或者• 2 盎司餃子麵團（包餡前）；或者• 1 盎司即食穀物。	<hr/> <hr/> <hr/> <hr/>	
 <p>2 盎司當量 1 盎司蛋白質食物相當於</p> <ul style="list-style-type: none">• 1 盎司海鮮、瘦肉（包括動物內臟）或家禽；或者• 1 隻雞蛋；或者• 1/4 杯（約 2 盎司）豆腐；或者• 1 湯匙薄塗的花生醬或芝麻醬；或者• 1/4 杯煮熟的豆、豌豆或扁豆。	<hr/> <hr/> <hr/> <hr/>	
 <p>1 2/3 杯 1 杯乳製品相當於</p> <ul style="list-style-type: none">• 1 杯增強營養的豆奶或優酪乳；或者• 1 杯牛奶或優酪乳；或者• 1 1/2 盎司軟質起司或硬質起司，切碎的。	<hr/> <hr/> <hr/> <hr/>	