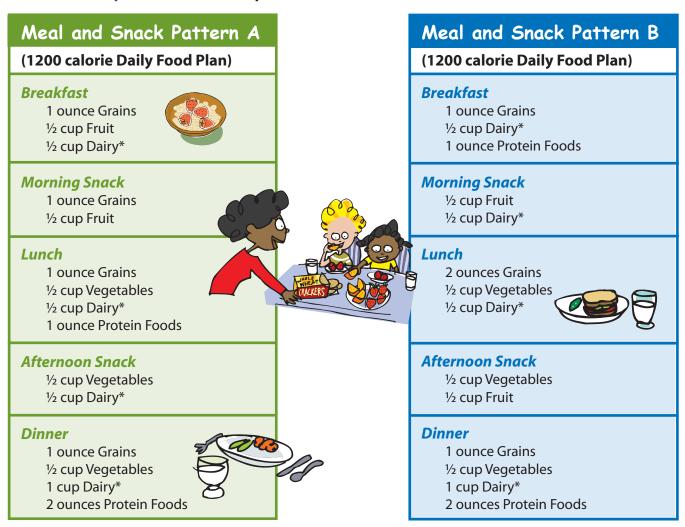
## Meal and Snack Patterns

## for a 1200 calorie Daily Food Plan ...

These patterns are examples of how the Daily Food 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.



<sup>\*</sup>Offer your child fat-free or low-fat milk, yogurt, and cheese.

Daily Food Plan (1200 calories)	Total amount for the day
Grain Group	4 ounces
Vegetable Group	<b>1</b> ½ cups
Fruit Group	1 cup
Dairy* Group	<b>2</b> ½ cups
Protein Foods Group	3 ounces

