Are you offering your child the right kind of food? MyPyramid for Kids can help

MyPyramid for Kids illustrates the kind of food, and the amount of food, that should be offered to children 6 to 11 years old. The amount of food an individual child needs depends on their age, gender and physical activity level and varies widely from child to child and day to day. Young children may need less food while older children, and children who are very active, may need more food. Parents should offer appropriate amounts of healthful foods and allow children to eat the amount of food needed to satisfy their appetite. Children should be allowed second helpings of food.

MyPyramid for Kids is a helpful tool in that it depicts the kind of food and how much food should be offered to children. For example, offer children about 5 ounces of grains each day. One ounce of grains equals one slice of bread, ½ cup pasta or oatmeal, 1 cup of breakfast cereal or one six-inch tortilla. Children should have the opportunity to eat about 2 ½ cups of vegetables and 1 ½ cups of fruit each day. Offer children over the age of 8 years three cups of milk each day; children under 8 years of age need 2 cups of milk. Yogurt, soy-milk and 2 ounces (1 ½ oz. hard cheese) of cheese count as a cup of milk. Children should be offered about 5 ounces of food from the meat and beans group. A serving of meat the size of a deck of cards is about 3 ounces.

To learn more about the kinds of foods to offer to your child based on his or her age, gender, and physical activity level, visit MyPyramid.gov.