

Meal and Snack Patterns

for a 1400 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.

Meal and Snack Pattern A

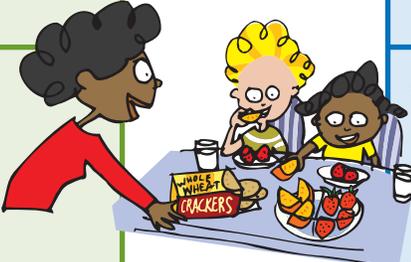
(1400 calorie Daily Food Plan)

Breakfast
 1 ounce Grains
 ½ cup Fruit
 ½ cup Dairy*



Morning Snack
 1 ounce Grains
 ½ cup Fruit
 1 ounce Protein Foods

Lunch
 1 ounce Grains
 ½ cup Vegetables
 ½ cup Fruit
 ½ cup Dairy*
 1 ounce Protein Foods



Afternoon Snack
 ½ cup Vegetables
 ½ cup Dairy*

Dinner
 2 ounces Grains
 ½ cup Vegetables
 1 cup Dairy*
 2 ounces Protein Foods



Meal and Snack Pattern B

(1400 calorie Daily Food Plan)

Breakfast
 1 ounce Grains
 ½ cup Dairy*
 1 ounce Protein Foods

Morning Snack
 ½ cup Fruit
 ½ cup Dairy*

Lunch
 2 ounces Grains
 ½ cup Vegetables
 ½ cup Fruit
 ½ cup Dairy*



Afternoon Snack
 ½ cup Vegetables
 ½ cup Fruit
 1 ounce Protein Foods

Dinner
 2 ounces Grains
 ½ cup Vegetables
 1 cup Dairy*
 2 ounces Protein Foods

*Offer your child fat-free or low-fat milk, yogurt, and cheese.

| Daily Food Plan (1400 calories) | Total amount for the day |
|---------------------------------|--------------------------|
| Grain Group | 5 ounces |
| Vegetable Group | 1½ cups |
| Fruit Group | 1½ cups |
| Dairy* Group | 2½ cups |
| Protein Foods Group | 4 ounces |

