



Vegetables for the Entire Family!



This is how many vegetables we need each day:

Age	Girls	Boys	Age	Women	Men
2-3 years old	1 cup	1 cup	19-30 years old	2 ½ c.	3 c.
4-8 years old	1 ½ cup	1 ½ cup	31-50 years old	2 ½ c.	3 c.
9-13 years old	2 c.	2 ½ c.	51+	2 c.	2 ½ c.
14-18 years old	2 ½ c.	3 c.			

What is a 1 cup equivalent of vegetables?

1 cup of chopped broccoli

12 baby carrots

2 cups of raw greens

1 large tomato

How will you fit vegetables into meals/snacks for you and your child?

# of Cups Needed	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
My Child: _____					
Me: _____					