

Diet Assessment
Child 2-5 year old (24-60 months)

Name _____

Date _____

Food Group	Examples & their serving sizes	Recommended Servings/Day	# of Servings from diet recall
Bread and Cereal Products	½ slice bread, ¼ cup rice/pasta, ¼ cup cooked cereal, ½ cup dry cereal, 2 square saltine crackers, ½ 6-inch tortilla, ½ medium pancake.	6	
Vegetables	¼ cup cooked or ½ cup raw, green beans, corn, beets, peas, lettuce. ½ cup juice. ½ baked potato, 5 french fries *. See A and C sources.	3	
Fruit	¼ cup cooked or ½ cup raw, ½ cup juice, 3 grapes, ½ apple, banana, peach, orange, 1/8 grapefruit or cantaloupe, 1 Tbsp. raisins. See A and C sources.	2	
Vitamin A	Sweet potato, carrot, spinach, squash, dandelion greens, cantaloupe, mango, papaya, green onions, bok choy, tomatoes, apricots, broccoli, watermelon, asparagus, dark green leafy lettuce, green beans, peach.	1	
Vitamin C	Papaya, orange juice, cantaloupe, broccoli, Brussels sprouts, green pepper, grapefruit juice, strawberries, orange, cauliflower, mango, asparagus, watermelon, grapefruit, tomato juice, green leafy vegetables.	1	
Milk Products	1 feeding Breast milk 4 oz. or ½ cup milk or yogurt ¾ oz. cheese ¾ cup cottage cheese ¾ cup ice cream *	4	
Animal and Vegetable Protein	1 oz. cooked meat, fish, or poultry; 4 Tbsp. tuna, 1 hot dog *, ½ cup cooked dried beans, peas or tofu, 2 Tbsp. peanut butter, 1 egg, ¼ cup nuts or seeds, 1 ½ slice lunch meat*.	2	

Goal: (What is needed, how much, by when?)

* Choose these foods less often.

WIC is an equal opportunity program