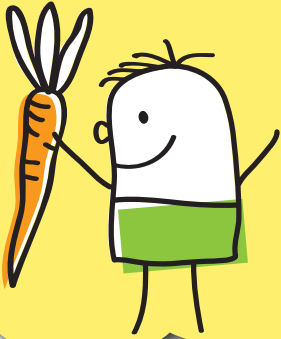


# FRUIT / VEGGIE GUIDELINES

## EAT YOUR VEGGIES



The West Virginia Department of Education's Office of Child Nutrition launched **Leap of Taste - WV Child Care Nutrition Standards** to empower child care providers to play an important part in providing nutritious food and teaching children how to make healthy food choices. The standards ensure that child care centers comply with nutritious food guidelines for **beverages, milk, fruits & vegetables, meats and meat alternates, and grains and breads**. By sharing information with families, together we can create a culture that embraces what's best for our children.

AGE	ITEM	MEALS	SNACKS
4 - 7 months	Fruits and/or vegetables	0-3 Tbsp.	
8 - 11 months	Fruits and/or vegetables	1-4 Tbsp.	
1-2 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like	
		At least 1/4 cup of each fruits &/or vegetables should be offered at each meal	At least 1/2 cup of each fruits &/or vegetables should be offered at each snack
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
3-5 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like	
		<b>At least 1/2 cup of each fruit and/or vegetable should be offered at each meal and snack.</b>	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	
6-12 years	Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like	
		<b>At least 3/4 cup of each fruit and/or vegetable should be offered at each meal and snack.</b>	
	100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	

This is a portion guide for fruits and vegetables listed by age group.



This institution is an equal opportunity provider.

