

information from mypyramid.gov

2 year olds

1000

3 oz

1 c

30-60

based on weight

manners

1 c fresh or 1/2 c dried

2 c

2 oz

How to play: at the end of the day mark off all the things you consumed or did. You must get 5+ in a row to get a BINGO. How many BINGO's can you get in one day? Up/down, side to side, diangle.

BINGO BITES

Based on a 1000 calorie diet for 2 yr old males & females

grains 3 oz, one spot is 1 oz					
veggies 1 c one spot is 1/2 c					
exercise 40 minutes***	5 min	5 min	5 min	5 min	5 min
water**	glass	glass	glass	glass	glass
extras	said please and thank you	picked up room/toys	read for 10 minutes	I prayed today and gave thanks	took a bath
fruits 1 cup one spot is 1/2 c					
dairy 2 cups one spot is 1/2 c					
meat & bean 2 oz one spot is 1 oz					



the sun is a free space!

***add row up to get your total: so if you worked out for 30 minutes, mark off three 10 min.

**Water: take your weight divide in half...that is how many ounces of water you should try to drink a day. Example: weight 80 lbs, 80/2=40, 40 oz a day. Now take those ounces and divide by 8, that is how many ounces you need to drink/glass.

1 oz grains= 1 slice whole wheat bread, 1 cup dry cereal, 1/2 cup cooked rice, 1/2 cup cooked pasta
 1 oz meat/beans = 1 egg, 1 Tsp peanut butter, 1/4 c dried beans, 1 oz meat: lean beef, chicken, turkey, fish.

Please consult your family physician before engaging in activity so that your special needs can be met.

