Healthy Servings for Children ages 4 ~ 8 years old

Grain Group 4-5 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

Serving Size = 1 ounce

- Bread
- Bun, large bagel, English muffin
- Crackers (whole grain)
- Dry cereal (unsweetened), flakes
- Cooked cereal
- Cooked rice, pasta

Fruit Group 1- 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit

Serving Size

- Fresh/whole
- Cooked or canned
- Juice –100% fruit juice
- Dried fruit

Vegetable Group 1½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

Milk Group 2 cups total per day; choose lowfat or fat-free.

Serving Size

- Milk, yogurt
- Cheese, natural cheddar, string cheese
- American, processed

Meat Group 2 ounces total per day.

Serving Size = 1 oz

- Meat, poultry, fish
- Dry beans and peas, cooked
- Peanut butter
- Egg
- Nuts or seeds

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.

• General information on feeding kids – www.MyPyramid.gov/kids
• Check your portion sizes – www.theportionplate.com or http://hp2010.nhlbihin.net/portion
• Get your kids to eat fruits & vegetables – www.fruitsandveggiesmatter.gov
• For calcium rich recipes – www.3aday.org
• Healthy school lunches, sleep and more – www.kidnetic.org
• Ohio resources – www.eatbetterdobetter.org or www.healthyohioprogram.org
• Keep your family moving – for kids www.kidnetic.org
  – for parents www.cdc.gov/nccdphp/dnpa
• Caffeine content of common beverages – http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html

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