

# 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	1 slice
Bun, large bagel, English muffin	½
Crackers (whole grain)	5
Dry cereal (unsweetened), flakes	1 cup
Cooked cereal	½ cup
Cooked rice, pasta	½ cup

**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	1-2 cups
Cooked or canned	1 cup
Juice –100% fruit juice	8 oz
Dried fruit	½ cup

**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	1 cup
Cheese, natural cheddar, string cheese	1 ½ ounces
American, processed	2 ounces

**Meat Group** 2 ounces total per day.

Serving Size =1 oz

Meat, poultry, fish	1 oz.
Dry beans and peas, cooked	¼ cup
Peanut butter	1 Tablespoon
Egg	1
Nuts or seeds	½ ounce

Visit MyPyramid web site [www.mypyramid.gov](http://www.mypyramid.gov) for more information on meal & snack plans and examples of healthy food choices. Also look for more information on Extras – including fat, sugar and salt (sodium) and how they fit into your child's diet.



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