

# Healthy Servings

## for children ages 2-3 years old

**This is a general guide for children who participate in 60 minutes of moderate activity per day. Servings vary based on age, gender, and level of daily activity.**

**Grain Group—3 ounces total per day.** At least half of the daily servings of grains should come from whole grains (100% whole wheat, oatmeal, brown rice, etc.).

	<b>Appropriate Portion Size</b>
Bread . . . . .	½ slice
English muffin . . . . .	½ muffin
Large bagel . . . . .	¼ bagel
Crackers (whole grain) . . . . .	2 - 3 crackers
Dry cereal . . . . .	⅓ cup
Cooked cereal, rice and pasta . . . . .	¼ cup (see <i>Proper Portions on back</i> )

**Fruit Group—1 cup total per day.** Serve a variety of whole or bite-sized fruits; ½ cup of dried fruit=1 cup.

	<b>Appropriate Portion Size</b>
Cooked, frozen or canned . . . . .	¼ cup
Fresh . . . . .	½ piece
100% juice . . . . .	¼ cup
Dried fruit . . . . .	⅓ cup

**Vegetable Group—1 cup total per day.** Serve raw or cooked dark green and bright colored vegetables; 2 cups of raw leafy greens is equal to 1 cup.

	<b>Appropriate Portion Size</b>
Cooked, fresh, frozen or canned . . . . .	¼ cup
Raw . . . . .	¼ cup
Leafy greens . . . . .	½ cup (equal to ¼ cup vegetables)

**Calcium Group—2 cups total per day**

	<b>Appropriate Portion Size</b>
Milk or soy milk . . . . .	½ cup
Yogurt . . . . .	⅓ cup
Cheese . . . . .	⅓ cup (see <i>Proper Portions on back</i> )
Cooked leafy greens . . . . .	½ cup
Salmon, tofu . . . . .	¼ cup
Almonds . . . . .	¼ cup (see <i>Proper Portions on back</i> )

**Protein Group—2 ounces total per day.**

	<b>Appropriate Portion Size</b>
Meat, poultry, fish, tofu . . . . .	¼ cup (see <i>Proper Portions on back</i> )
Dry beans and peas, cooked . . . . .	¼ cup
Egg . . . . .	½ egg
Nuts or seeds . . . . .	¼ cup (see <i>Proper Portions on back</i> )

**Resources:**

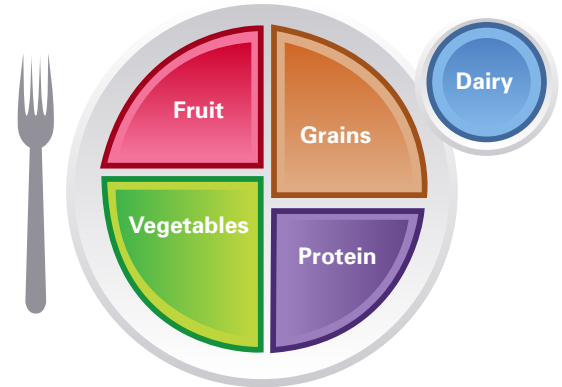
- [www.healthychildren.org](http://www.healthychildren.org)
- [www.choosemyplate.gov/kids](http://www.choosemyplate.gov/kids)
- Amount of Calcium in Food - Golden, NH, Abrams, SA, Committee on Nutrition. Optimizing Bone Health in Children and Adolescents. 2014. American Academy of Pediatrics. *Pediatr.* 134(4) e1229-e1243
- Food Sources of Calcium-2015-2020 Dietary Guidelines; Appendix 11; visit [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- [www.kidshealth.org](http://www.kidshealth.org)

# Proper Portions

Tips to control my portion size!

## Did you know...

- Portions are the amount of food offered in a package of food, at a restaurant, or the amount you choose to put on your plate.
- Eat the proper portion by using your child's hand to **measure out the age-appropriate** amount, and placing it in a **different dish**.



## Using The Child's Hand



**A Thumb =**  
Child-sized portion of low-fat cheese



**A Handful =**  
Child-sized portion of snack food



**Thumb tip =**  
Portion of fat (like butter and low-fat salad dressings)



**A tennis ball =**  
Portion of fruit or veggies



**A palm =**  
A child-sized portion of meat



**A fist =**  
A child-sized portion of starches (rice, pasta, etc.)

## Choose a goal that's right for you!

- I will use a smaller plate and give myself smaller portions
- I will use half my plate for fruits and veggies, a quarter of it for starches, and the last quarter for meats and protein
- I will measure out food in a different dish instead of eating right from the package
- I will only get second helpings of veggies
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## PARENT CORNER

**IF** your child is still hungry: Try pre-feeding — give veggies 20 minutes before the actual meal.

**IF** your child eats too fast: Make it a game where your child needs to put down utensils between each bite.