

Healthy Servings

for children ages 4-8 years old

This is a general guide for children who participate in 60 minutes of moderate activity per day. Children's portion sizes and servings vary based on age, gender, and level of activity.

Grain Group—5 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.)

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Bread	½ slice	1 slice
English muffin	½ muffin	1 muffin
Large bagel	½ bagel	½ bagel
Crackers(whole grain)	3 - 4 crackers	5 crackers
Dry cereal	½ cup	¾ cup
Cooked cereal, rice or pasta	⅓ cup	½ cup

Fruit Group—1-1½ cups total per day. Serve a variety of whole or bite-sized fruits; ½ cup of dried fruit=1 cup. Serve 100% juice in small amounts and less often.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Cooked, frozen or canned	¼ cup	cup
Fresh	½ piece	1 piece
100% juice	⅓ cup	½ cup
Dried fruit	¼ cup	¼ cup

Vegetable Group—1½ cups total per day. Serve raw or cooked green vegetables; 2 cups of raw leafy greens is equal to 1 cup.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Cooked, frozen or canned	¼ cup	½ cup
Raw	¼ cup	½ cup
Leafy greens	½ cup	1 cup (= ½ cup vegetables)

Calcium Group—2 ½ cups total per day.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Milk or soy milk	½ cup	1 cup
Yogurt	½ cup	¾ cup
Cheese	¼ cup grated	¼ cup grated (see Proper Portions on back)
Cooked leafy greens	½ cup	½ -1 cup
Salmon, tofu	¼ cup	½ cup
Almonds	¼ cup	¼ cup (see Proper Portions on back)

Protein Group—4 ounces total per day.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Meat, poultry, fish, tofu	¼ cup	½ cup (see Proper Portions on back)
Dry beans and peas, cooked	⅓ cup	½ cup
Egg	1	1
Nuts or seeds	¼ cup	¼ cup (see Proper Portions on back)

Resources:

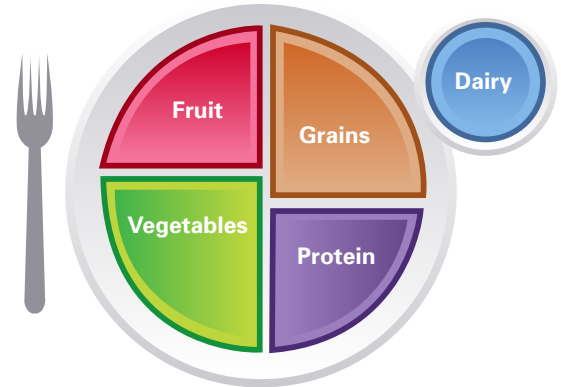
- www.choosemyplate.gov/kids
- www.healthychildren.org
- 2015-2020 Dietary Guidelines; Appendix 11
- www.theportionplate.com

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
- _____

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.