PMP PARENTING at Mealtime & Playtime

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Serving and Portion Sizes

DID YOU KNOW?

Your toddler's hand can be used as an easy guide to know how much food to serve them. This method ensures you are providing an age-appropriate amount of food at each meal.

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

A Handful =
Child-sized portion of snack food

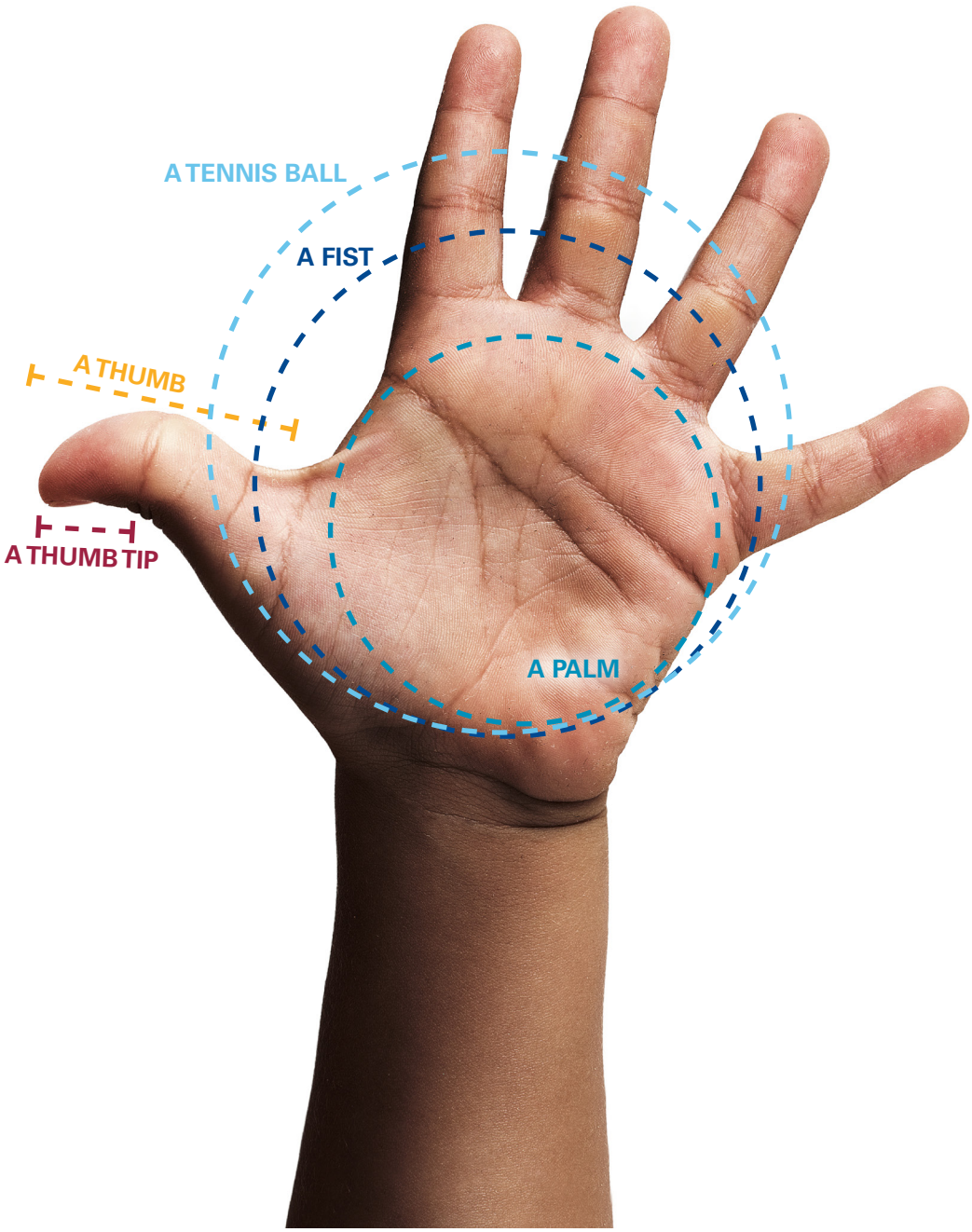
Thumb Tip =
Portion of fat (like butter and low-fat salad dressings)

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.)

Try measuring portions using your child's hand!



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- A portion is the amount of food you put on a plate.
- A serving is an exact amount of food.
- MyPlate is a visual reminder to make a healthy, balanced choice from each of the five good groups.

Tips to Help:

- Have regular family meals; sit down together and be a role model.
- Do not allow your children to eat out of the bags or containers the food was purchased in.
- Involve your children in meal planning, shopping, cooking, and portioning.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

Available on the App Store | GET IT ON Google Play

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