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.

Try measuring portions using your 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.)
**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.