

**PORTION SIZE**

**Suggested Serving Sizes for Children & Adults**

<b>Food Group</b>	<b>Servings</b>	<b>1-3 Years Old</b>	<b>3-6 Years Old</b>	<b>6-12 Years Old</b>	<b>12 years +, Adults</b>
Breads, Cereals, Pasta & Grains	7-11	$\frac{1}{2}$ slice or $\frac{1}{4}$ cup	$\frac{1}{2}$ slice or $\frac{1}{3}$ cup	1 slice or $\frac{1}{2}$ cup	1 slice or $\frac{1}{2}$ cup
Vegetables	3-5	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Fruits	2-4	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Milk & Milk Products*	2-3	$\frac{1}{2}$ to $\frac{3}{4}$ cup	$\frac{3}{4}$ cup to 1 cup	1 cup	1 cup
Meat, poultry & fish	2-3	1 oz or $\frac{1}{4}$ cup	1- $\frac{1}{2}$ oz or $\frac{1}{3}$ cup	2 oz or $\frac{1}{2}$ cup	2-3 oz or $\frac{1}{2}$ cup

**Tips for estimating portion size**



1 fist or cupped hand = 1 cup



Thumb tip = 1 teaspoon



Palm = 3 oz meat, poultry, fish



1 thumb = 1 oz of cheese



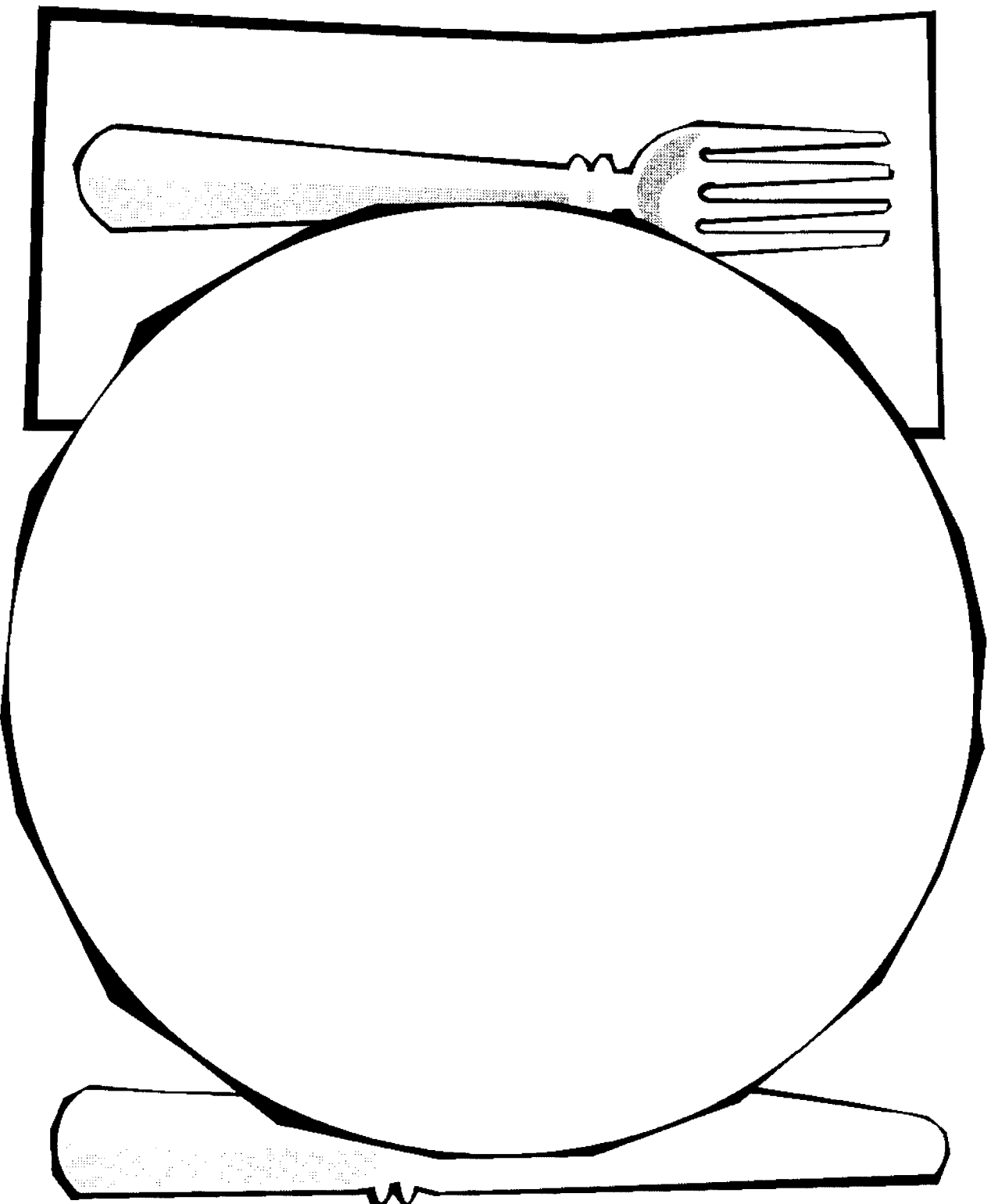
1 tennis ball = 1 serving fruit



Handful = 1-2 oz snack food

# Create a healthy plate!

Plan a healthy meal with the foods you like best. Draw and color your favorite food from each food group in the pyramid.



## Notes for parents:

\* It's okay to let your child decide what and how much to eat. If most of the foods you offer are healthy, your child's choices will be healthy too.

\* Help your child maintain a healthy weight by enjoying physical activities together and preparing meals with plenty of fruits and vegetables, whole grains, and low-fat dairy products.

## Healthy Snack Ideas

- Baked tortilla chips and salsa
- Cereal
- Cheese sticks
- Yogurt
- Hard cooked eggs
- Raw vegetables like broccoli, carrots, and green peppers
- Cherry tomatoes
- Apple wedges
- Melon balls or cubes
- Mini bagels
- Crackers with peanut butter