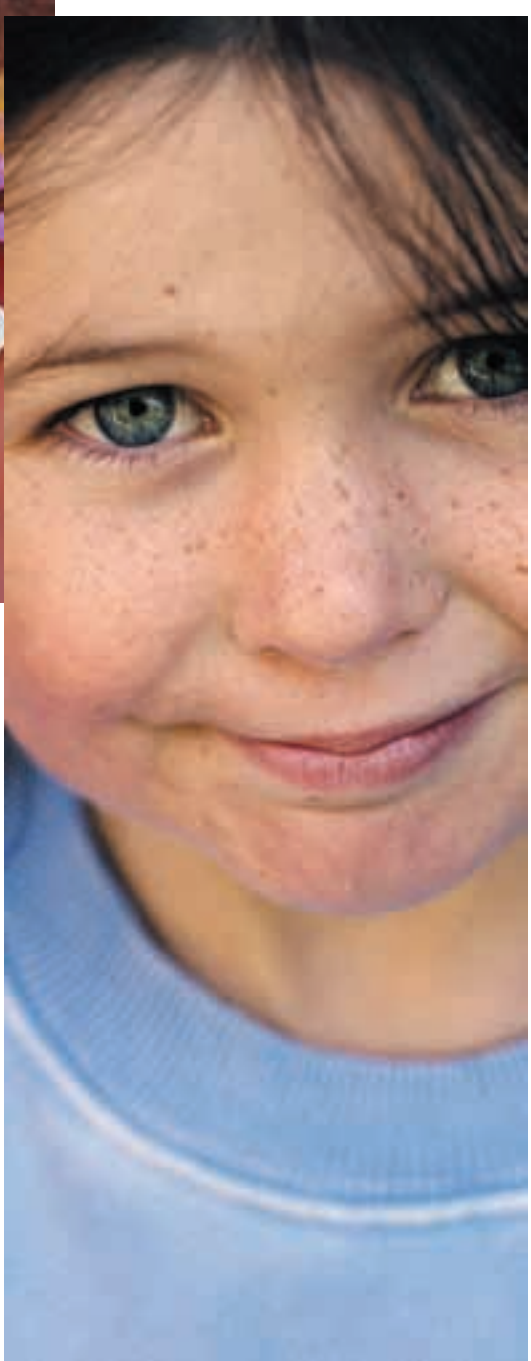




Healthy Serving sizes for young children



grain group ~ 6 servings

	1-3 years	4-6 years
Bread	1/4-1/2 slice	1 slice
Bun, bagels, muffins	1/4-1/2	1/2
Crackers	2-3	4-6
Dry cereal (unsweetened)	1/4-1/3 cup	1/2 cup
Cooked cereal	1/4-1/3 cup	1/2 cup
Rice, pasta	1/4-1/3 cup	1/2 cup

fruit/vegetable group ~ 5 servings

	1-3 years	4-6 years
Whole	1/2 small	1/2-1 small
Cooked, canned or chopped raw	1/4-1/3 cup	1/2 cup
Juice ~ limit 100% juice to	4-6 oz./day	4-6 oz./day

FRESH FRUITS* Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

FRUIT SMOOTHIES Blend yogurt, fruit, milk and 100% juice together.

VEGETABLES* Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

* Use caution when feeding these foods due to a possible choking problem.

milk group ~ 3 servings

	1-3 years	4-6 years
Milk, yogurt	1/2 cup	3/4 cup
Cheese	1/2 oz.	3/4 oz.

meat group ~ 2 servings

	1-3 years	4-6 years
Lean meat, chicken, fish	1-3 T	1-3 T
Dry beans and peas	2-4 T	4-5 T
Peanut butter	1-2 T	1-2 T
Egg	1	1

fat group ~ 3-4 servings depending on calorie needs

	1-3 years	4-6 years
Margarine, butter, oils, dressings, dips	1 tsp	1 tsp