## **Healthy Servings**

This is the **daily** Eating Guide for children who participate in 60 minutes of moderate activity per day

for Children ages 4~8 years old



Grain Group 4-5 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

> Bread Bun, large bagel, English muffin Crackers (whole grain) Dry cereal (unsweetened), flakes Cooked cereal Cooked rice, pasta

Serving Size = 1 ounce 1 slice 1/2 5 1cup 1/2 cup 1/2 cup

**Fruit Group** 1- 1<sup>1</sup>/<sub>2</sub> cup total per day. 1 cup fruit or 100% fruit juice or <sup>1</sup>/<sub>2</sub> cup dried fruit = 1 cup fruit

Fresh/whole Cooked or canned Juice -100% fruit juice Dried fruit

Serving Size 1-2 cups 1 cup 8 oz 1/2 cup



**Vegetable Group** 1<sup>1</sup>/2 cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

<b>WIIK Group</b> 2 cups total per day; choose lowfat of	or fat-free.
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Milk, yogurt Cheese, natural cheddar, string cheese American, processed

Serving Size 1 cup 1<sup>1</sup>/<sub>2</sub> ounces 2 ounces

## **Meat Group** 2 ounces total per day.

Meat, poultry, fish Dry beans and peas, cooked Peanut butter Egg Nuts or seeds

Serving Size =1 oz 1 oz. <sup>1</sup>/<sub>4</sub> cup 1 Tablespoon 1 1/2 ounce

The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.

- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.
  - General information on feeding kids www.MyPyramid.gov/kids
  - Check your portion sizes <u>www.theportionplate.com</u> or <u>http://hp2010.nhlbihin.net/portion</u>
  - Get your kids to eat fruits & vegetables www.fruitsandveggiesmatter.gov
  - For calcium rich recipes www.3aday.org
  - Healthy school lunches, sleep and more www.kidshealth.org
  - Ohio resources <u>www.eatbetterdobetter.org</u> or <u>www.healthyohioprogram.org</u>
  - Keep your family moving for kids www.kidnetic.org
    - for parents www.cdc.gov/nccdphp/dnpa
  - · Caffeine content of common beverages -

http://kidshealth.org/teen/drug\_alcohol/drugs/caffeine.html



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