

SERVING SIZES PER DAY FOR CHILDREN AND ADOLESCENTS

These are suggested amounts based on average activity levels. To find the exact amount for your child, go to mypyramid.gov.

| Food Group | 1-3 years | 4-8 years | 8 –12 years | 12 years & up |
|----------------------|------------------------------------|------------------------------------|------------------------------------|---------------|
| Grains | 4 oz. | 5 oz. | 6 oz. | 6–8 oz. |
| Vegetables | 1 ¹ / ₂ cups | 2 cups | 2 ¹ / ₂ cups | 3 cups |
| Fruits | 1 cup | 1 ¹ / ₂ cups | 2 cups | 2 cups |
| Milk & Milk Products | 2 cups | 2 cups | 3 cups | 3 cups |
| Meats & Beans | 2–4 oz. | 5 oz. | 5 ¹ / ₂ oz. | 5–7 oz. |

1 oz. of grains =

1 slice of bread
1 cup of ready-to-eat cereal
1/2 cup of rice, pasta, or cooked cereals like oatmeal
1 corn tortilla (6" diameter)
3 cups of plain, air-popped popcorn
5 whole wheat crackers

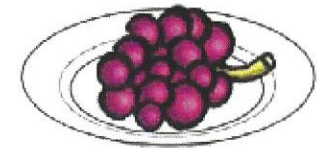
1 oz. of protein =

1 oz. of meat, fish, or poultry
1 egg
1 tbsp. of peanut butter
1/4 cup of nuts and seeds
1/2 cup of cooked beans
1/2 cup of tofu

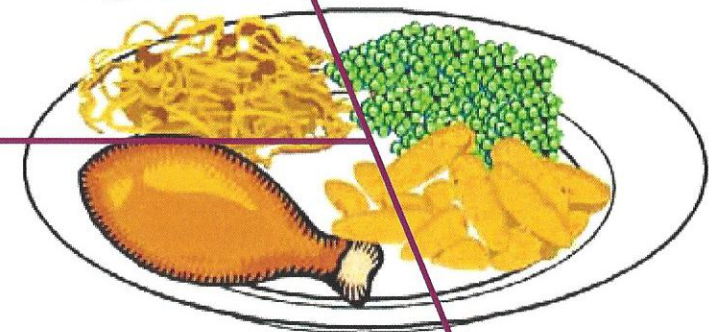
When you make your plate, aim for:



1/4 grains



1/2 fruits & vegetables



1/4 protein

Understanding Serving Sizes

- Serving sizes change based on a child's age. Offering children servings that are too large for them can lead to overeating.
- Measure food with a measuring cup or kitchen scale to get an idea of serving sizes.
- Encourage children to eat when they are hungry, and stop when they are full.
- Don't force children to eat everything on their plates.
- Limit juice to 1/2 cup of 100% fruit juice each day.