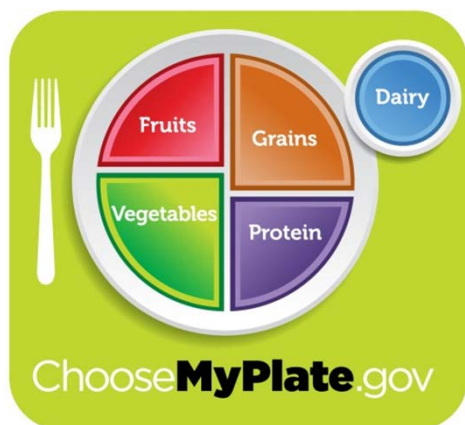




How Much Food Should My Child Eat?



Total amount of food for the day with Less than 30 minutes of activity <i>(beyond normal daily activity)</i>		
	2-3 years old	4-8 years old
Vegetables	1 cup	1½ cups
Fruits	1 cup	1 to 1½ cups
Grains	3 ounces	4 ounces
Meat & Beans	2 ounces	3 to 4 ounces
Dairy	2 cups	2 cups

Source: USDA

VEGETABLES VARY YOUR VEGGIES

¼ CUP OF VEGETABLES 4-6 TIMES/DAY

- 3 asparagus spears
- 1/3 ear of corn on the cob
- ½ medium carrots or a 4 baby carrots
- ¼ large sweet potato
- ¼ medium white potato
- ½ cup raw leafy green vegetables

GRAINS MAKE HALF YOUR GRAINS WHOLE

1 OUNCE OF GRAINS 3-4 TIMES/DAY

- 1/2 cup of oatmeal or other hot cereal
- 1 cup of dry cereal
- 1/2 cup of cooked pasta or rice
- 1 slice of bread or 1/2 of an English muffin
- 4 plain crackers or 2 graham cracker squares
- 1 medium (4-inch) pancake

FRUITS FOCUS ON FRUITS

¼ CUP OF FRUIT 4-6 TIMES/DAY

- ¼ small apple (2.5" round)
- ¼ large banana (8" - 9" long)
- ¼ cup of chopped, cooked, or canned fruit (ie. applesauce, fruit salad, etc..)
- ¼ cup (2 ounces) of fruit juice
- 1/8 cup dried fruit

PROTEIN GO LEAN WITH PROTEIN

1 OUNCE OF PROTEIN 2-4 TIMES/DAY

- 1 ounce of cooked lean meat, poultry, or fish
- 1/4 cup of cooked beans
- 1/4 cup of tofu
- 1 slice sandwich turkey
- 1 egg
- 2 Tablespoons of peanut butter

DAIRY GET YOUR CALCIUM-RICH FOODS

½ CUP OF DAIRY 4 TIMES/DAY

- ½ cup milk (4 ounces)
- ½ cup yogurt (1 child-size container)
- 3/4 ounce of natural cheese (like Cheddar, Monterey jack or Swiss)
- 1 ounce of processed cheese (like American cheese slices)

PORTION SIZE TIPS

- Plate size for a child is 6" to 7" round
- Don't heap food on plate, space between foods is healthy.
- 1 cup is the size of a baseball or a fist
- ½ cup is the size of a hockey puck or tennis ball
- ¼ cup is the size of a golf ball or ping pong ball
- ¾ ounce of cheese is the size of 3 stacked dice
- A 3-ounce piece of cooked chicken, meat, or fish is about the size of a deck of cards