

# Healthy Servings

for children ages 4-8 years old

**This is a general guide for children who participate in 60 minutes of moderate activity per day. Children's portion sizes and servings vary based on age, gender, and level of activity.**

**Grain Group—5 ounces total per day.** At least half of the daily servings of grains should come from whole grains (100% whole wheat, oatmeal, brown rice, etc.)

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Bread . . . . .	½ slice . . . . .	1 slice
English muffin . . . . .	½ muffin . . . . .	1 muffin
Large bagel . . . . .	½ bagel . . . . .	½ bagel
Crackers(whole grain) . . . . .	3 - 4 crackers . . . . .	5 crackers
Dry cereal . . . . .	½ cup . . . . .	¾ cup
Cooked cereal, rice or pasta . . . . .	⅓ cup . . . . .	½ cup

**Fruit Group—1-1½ cups total per day.** Serve a variety of whole or bite-sized fruits; ½ cup of dried fruit=1 cup. Serve 100% juice in small amounts and less often.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Cooked, frozen or canned . . . . .	¼ cup . . . . .	½ cup
Fresh . . . . .	½ piece . . . . .	1 piece
100% juice . . . . .	⅓ cup . . . . .	½ cup
Dried fruit . . . . .	¼ cup . . . . .	½ cup

**Vegetable Group—1½ cups total per day.** Serve raw or cooked green vegetables; 2 cups of raw leafy greens is equal to 1 cup.

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Cooked, frozen or canned . . . . .	¼ cup . . . . .	½ cup
Raw . . . . .	¼ cup . . . . .	½ cup
Leafy greens . . . . .	½ cup . . . . .	1 cup (= ½ cup vegetables)

**Calcium Group—2 ½ cups total per day.**

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Milk or soy milk . . . . .	½ cup . . . . .	1 cup
Yogurt . . . . .	½ cup . . . . .	¾ cup
Cheese . . . . .	¼ cup grated . . . . .	¼ cup grated (see Proper Portions on back)
Cooked leafy greens . . . . .	½ cup . . . . .	½ - 1 cup
Salmon, tofu . . . . .	¼ cup . . . . .	½ cup
Almonds . . . . .	¼ cup . . . . .	¼ cup (see Proper Portions on back)

**Protein Group—4 ounces total per day.**

	Appropriate Portion Size	
	(Age 4-6)	(Age 7-8)
Meat, poultry, fish, tofu . . . . .	¼ cup . . . . .	½ cup (see Proper Portions on back)
Dry beans and peas, cooked . . . . .	⅓ cup . . . . .	½ cup
Egg . . . . .	1 . . . . .	1
Nuts or seeds . . . . .	¼ cup . . . . .	¼ cup (see Proper Portions on back)

**Resources:**

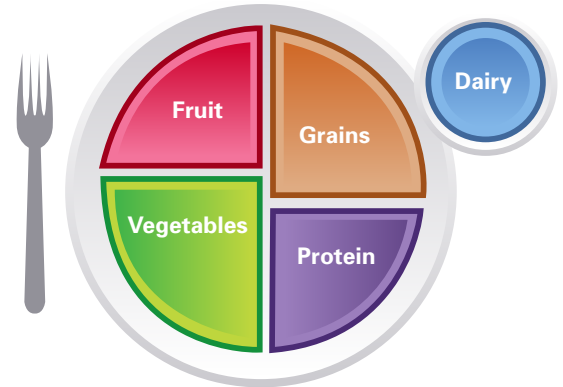
- www.choosemyplate.gov/kids
- www.healthychildren.org
- 2015-2020 Dietary Guidelines; Appendix 11
- www.theportionplate.com

# Proper Portions

Tips to control my portion size!

## Did you know...

- Portions are the amount of food offered in a package of food, at a restaurant, or the amount you choose to put on your plate.
- Eat the proper portion by using your child's hand to **measure out the age-appropriate** amount, and placing it in a **different dish**.



## Using The Child's Hand



**A Thumb =**  
Child-sized portion of low-fat cheese



**A Handful =**  
Child-sized portion of snack food



**Thumb tip =**  
Portion of fat (like butter and low-fat salad dressings)



**A tennis ball =**  
Portion of fruit or veggies



**A palm =**  
A child-sized portion of meat



**A fist =**  
A child-sized portion of starches (rice, pasta, etc.)

## Choose a goal that's right for you!

- I will use a smaller plate and give myself smaller portions
- I will use half my plate for fruits and veggies, a quarter of it for starches, and the last quarter for meats and protein
- I will measure out food in a different dish instead of eating right from the package
- I will only get second helpings of veggies
- \_\_\_\_\_

## PARENT CORNER

**IF** your child is still hungry: Try pre-feeding — give veggies 20 minutes before the actual meal.

**IF** your child eats too fast: Make it a game where your child needs to put down utensils between each bite.