

Healthy Servings

for children ages 2-3 years old

This is a general guide for children who participate in 60 minutes of moderate activity per day. Servings vary based on age, gender, and level of daily activity.

Grain Group—3 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
Bread	½ slice
English muffin	½ muffin
Large bagel	¼ bagel
Crackers (whole grain)	2 - 3 crackers
Dry cereal	⅓ cup
Cooked cereal, rice and pasta	¼ cup (see <i>Proper Portions on back</i>)

Fruit Group—1 cup total per day. Serve a variety of whole or bite-sized fruits; ½ cup of dried fruit=1 cup.

	Appropriate Portion Size
Cooked, frozen or canned	¼ cup
Fresh	½ piece
100% juice	¼ cup
Dried fruit	⅓ cup

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

	Appropriate Portion Size
Cooked, fresh, frozen or canned	¼ cup
Raw	¼ cup
Leafy greens	½ cup (equal to ¼ cup vegetables)

Calcium Group—2 cups total per day

	Appropriate Portion Size
Milk or soy milk	½ cup
Yogurt	⅓ cup
Cheese	⅓ cup (see <i>Proper Portions on back</i>)
Cooked leafy greens	½ cup
Salmon, tofu	¼ cup
Almonds	¼ cup (see <i>Proper Portions on back</i>)

Protein Group—2 ounces total per day.

	Appropriate Portion Size
Meat, poultry, fish, tofu	¼ cup (see <i>Proper Portions on back</i>)
Dry beans and peas, cooked	¼ cup
Egg	½ egg
Nuts or seeds	¼ cup (see <i>Proper Portions on back</i>)

Resources:

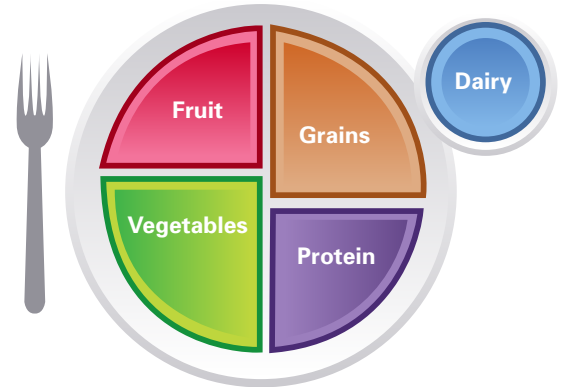
- www.healthychildren.org
- www.choosemyplate.gov/kids
- Amount of Calcium in Food - Golden, NH, Abrams, SA, Committee on Nutrition. Optimizing Bone Health in Children and Adolescents. 2014. American Academy of Pediatrics. *Pediatr.* 134(4) e1229-e1243
- Food Sources of Calcium-2015-2020 Dietary Guidelines; Appendix 11; visit www.healthierus.gov/dietaryguidelines
- www.kidshealth.org

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.