

## HPA Food Guide Ages 1 - 10

### What Children Need to Eat

For good health and growth, your children need to eat a variety of foods. Fruits and vegetables are especially important. Health experts recommend that we eat at least five servings of fruits and vegetables every day to live a healthier life and reduce the risk of cancer and other diseases. Help get your children hooked on this habit early by offering a variety of choices throughout the day. The table below outlines what your child needs for a balanced diet that provides the right amount of calories and nutrients..

Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 6	Portion Size for Ages 7 to 10
Fruits	2-3 servings	<ul style="list-style-type: none"> <li>¼ cup cooked, frozen, or canned</li> <li>¼ piece fresh</li> <li>¼ cup 100% juice</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup cooked, frozen, or canned</li> <li>¼ piece fresh</li> <li>¼ cup 100% juice</li> </ul>	<ul style="list-style-type: none"> <li>½ cup cooked, frozen, or canned</li> <li>1 piece fresh</li> <li>½ cup 100% juice</li> </ul>
Vegetables	2-3 servings	<ul style="list-style-type: none"> <li>¼ cup cooked</li> </ul>	<ul style="list-style-type: none"> <li>¼ cup cooked</li> <li>½ cup salad</li> </ul>	<ul style="list-style-type: none"> <li>½ cup cooked</li> <li>1 cup salad</li> </ul>
Grains	6-11 servings	<ul style="list-style-type: none"> <li>½ slice bread</li> <li>¼ cup cooked cereal, rice, or pasta</li> <li>½ cup dry cereal</li> <li>2-3 crackers</li> </ul>	<ul style="list-style-type: none"> <li>½ slice bread</li> <li>¼ cup cooked cereal, rice, or pasta</li> <li>½ cup dry cereal</li> <li>3-4 crackers</li> </ul>	<ul style="list-style-type: none"> <li>1 slice bread</li> <li>½ cup cooked cereal, rice, or pasta</li> <li>¾-1 cup dry cereal</li> <li>4-5 crackers</li> </ul>
Meats and other proteins	2 servings	<ul style="list-style-type: none"> <li>1 ounce meat, fish, chicken, or tofu</li> <li>¼ cup cooked beans</li> <li>½ egg</li> </ul>	<ul style="list-style-type: none"> <li>1 ounce meat, fish, chicken, or tofu</li> <li>¼ cup cooked beans</li> <li>1 egg</li> </ul>	<ul style="list-style-type: none"> <li>1 ounce meat, fish, chicken, or tofu</li> <li>½ cup cooked beans</li> <li>1 or 2 eggs</li> </ul>
Dairy	2-3 servings	<ul style="list-style-type: none"> <li>½ cup milk</li> <li>½ ounce cheese</li> <li>½ cup yogurt</li> </ul>	<ul style="list-style-type: none"> <li>½ cup milk</li> <li>1 ounce cheese</li> <li>½ cup yogurt</li> </ul>	<ul style="list-style-type: none"> <li>1 cup milk</li> <li>1 ounce cheese</li> <li>¾-1 cup yogurt</li> </ul>

Adapted from Dietz WH, Stern L, eds. *Nutrition: What Every Parent Needs to Know*. 2<sup>nd</sup> ed. Elk Grove Village, IL: American Academy of Pediatrics; 2012:194

### Use Your Eyes to Measure a Serving Size

½ cup pasta, rice or cereal	=	computer mouse
1 pancake or waffle	=	a four inch CD
1 muffin	=	large egg
1 medium fruit	=	tennis ball
½ cup fruit/vegetable	=	small fist
3 oz meat	=	deck of cards
3 oz fish	=	checkbook
2 tbsp peanut butter	=	golf ball
1 oz cheese	=	match box
1 tsp butter or margarine	=	thumb tip