

HPA Food Guide - Ages 1 - 10

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	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	½ cup cooked, frozen, or canned 1 piece fresh ¼ cup 100% juice
Vegetables	2-3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ¼ cup dry cereal 2-3 crackers	½ slice bread ¼ cup cooked cereal, rice, or pasta ¼ cup dry cereal 3-4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾-1 cup dry cereal 4-5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans 1 egg	1 ounce meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2-3 servings	½ cup milk ½ ounce cheese ¼ cup yogurt	½ cup milk 1 ounce cheese ¼ cup yogurt	1 cup milk 1 ounce cheese ¾-1 cup yogurt

Adapted from Dietz WH, Stern L, eds. *Nutrition: What Every Parent Needs to Know*. 2nd 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