

DAILY SERVING SIZES FOR CHILDREN AND ADOLESCENTS

Food Group	Number of Servings Per day	1-3 Years	4-5 Years	6-12 Years	12 Years and Adults
Breads, Cereals, Pasta & Grains	5 Or less	1/2 Slice or 1/4 Cup	1/2 Slice or 1/3 Cup	1 Slice or 1/2 Cup	1 Slice or 1/2 Cup
Vegetables	3-5	1/4 Cup	1/3 Cup	1/2 Cup	1/2 Cup
Fruits	2-4	1/4 Cup	1/3 Cup	1/2 Cup	1/2 Cup
Milk & Milk Products/Calcium	2-3	1/2 Cup	3/4 Cup	1 Cup	1 Cup
Meat & Meat Alternates	2-3	1 oz or 1/4 Cup	1 1/2 oz or 1/3 Cup	2 oz or 1/2 Cup	2-3 oz or 1/2 Cup

Fat Free or 1% milk, yogurt,
low sugar calcium fortified juices

What is a serving?

A serving is the amount of food typically eaten. Serving sizes change based on a child's age. Offering children too many servings or servings that are too large for them can lead to overeating. Try eating the suggested number of servings in the amount or size recommended on most days.

Understanding Serving Sizes

- . Healthy eating with healthy serving sizes requires meal planning.
- . Measure food with a measuring cup or kitchen scale to get an idea of how much to eat.
- . If a serving is larger, it might equal two servings of that food group. (1 cup of fruit is 2 servings for a 6 year old.)
- . If a serving is smaller, it might equal one-half serving. 1/2 slice of bread is 1/2 serving for a 10 year old.)