

## Daily Servings and Portion Sizes for the Preschool-aged Child

Food Group	Recommended Daily Servings	Portion Size Guideline	
		1-3 years	4-5 years
<b>Grain Group</b> ❖ Choose whole grain, whole wheat or white wheat breads and cereals. Bread Buns, bagels, muffins Crackers Dry cereal Cooked cereal Rice, pasta Biscuits	≥ 6 servings	1/4-1/2 slice 1/4-1/2 2-3 1/4-1/3 cup 1/4-1/3 cup 1/4-1/3 cup 1/2 small (3-inch biscuit)	1 slice 1/2 4-6 1/2 cup 1/2 cup 1/2 cup 1 small (3-inch biscuit)
<b>Fruit/Vegetable Group</b>  <i>Examples: Citrus fruits, kiwi, pineapple, melon, berries, apples, broccoli, sweet potatoes, greens, green beans, tomatoes, etc.</i>  Whole Cooked, canned in own juice, or chopped raw 100% fruit juice (unsweetened)  ❖ No more than half of servings should come from juice. ❖ We do not recommend fruit drinks such as Sunny D, Hi-C, Hawaiian Punch, Jungle Juice, Bright n' Early, lemonade.	≥ 5 servings	1/2 small 1/4-1/3 cup  1/4-1/3 cup	1/2-1 small 1/2 cup  1/2 cup
<b>Milk, Yogurt, or Cheese Group</b> Milk , yogurt Cheese	≥ 3 servings	1/2 cup (4 oz) 1/2 oz	3/4 cup (6 oz) 3/4 oz
<b>Meat Group</b> Lean meat, chicken, fish Dry beans and peas Egg Peanut butter	2 servings	1-3 Tbsp 2-4 Tbsp 1 1 Tbsp	1-3 Tbsp 4-5 Tbsp 1 1-2 Tbsp
<b>Fat and Oils Group</b> Margarine, butter, oils	3-4 servings	1 tsp 1 Tbsp "light"	1 tsp 1 Tbsp "light"

Adapted from American Dietetics Association Pediatric Nutrition Manual, "Nutrition for the Preschool Child." 2<sup>nd</sup> edition, 2003.



## Recommended Total Daily Amounts for Children Ages 1-8 years

Food Group	1 year	2-3 years	4-8 years
<b>Fat Free or Low Fat Milk or Yogurt</b>	16 oz* (2 cups)	16 oz (2 cups)	24 oz (3 cups)
<b>Cheese</b> (1 ounce of cheese is equivalent to 1 cup of milk)			
*The American Academy of Pediatrics recommends that low-fat/reduced fat milk not be started before age 2.			
<b>Lean Meat/Beans</b> Girls Boys	1.5 oz	2 oz	3 oz 4 oz
<b>Vegetables</b> Girls Boys	$\frac{3}{4}$ cup	1 cup	1 cup 1.5 cups
<b>Fruits</b> Girls and Boys	1 cup	1 cup	1.5 cups
<b>Grains**</b> Girls Boys	2 oz	3 oz	4 oz 5 oz

\*\*1 oz = 1 slice bread  = 1 cup dry cereal  =  $\frac{1}{2}$  cup cooked cereal, rice or pasta 

Adapted from Gidding et al. Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. *Pediatrics* 2006;117;544-559.



Younger Children Need Smaller Amounts...Give your child age-appropriate portions.

**SAMPLE MENU FOR THE 1- TO 2-YEAR-OLD CHILD**

<p><b>BREAKFAST</b>                  Whole milk (1/2 cup)                  Oatmeal (1/3 cup)                  Mandarin Oranges (1/4 cup)                  Margarine (1/2 tsp)                  Whole-wheat toast (1 slice)                  Jam or fruit spread (optional)</p>	<p><b>LUNCH</b>                  Whole milk (1/2 cup)                  Grilled cheese Sandwich (1/2)                  Cooked carrots (2 Tbsp)                  Banana (1/2)</p>	<p><b>DINNER</b>                  Whole milk (1/2 cup)                  Chicken (1 ½ oz)                  Gravy (2 Tbsp)                  Dinner roll (1)                  Cooked peas (2 Tbsp)                  Margarine (1/2 tsp)                  Mashed potatoes (2 Tbsp)</p>
<p><b>MIDMORNING SNACK</b>                  Vanilla Wafers (2)                  Orange Juice (1/2 cup or 4 oz)</p>	<p><b>MIDAFTERNOON SNACK</b>                  Fruit yogurt (1/2 cup)                  Bug Bites or animal crackers (3-4)                  Water</p>	<p><b>EVENING SNACK</b>                  Applesauce (1/4 cup)                  Graham Crackers (2 squares)                  Whole milk (1/2 cup)</p>

**SAMPLE MENU FOR THE 2- TO 3-YEAR-OLD CHILD**

<p><b>BREAKFAST</b>                  Skim, 1% low-fat milk (1/2 cup)                  Oatmeal (1/3 cup)                  Mandarin Oranges (1/4 cup)                  Margarine (1/2 tsp)                  Whole-wheat toast (1 slice)                  Jam or fruit spread (optional)</p>	<p><b>LUNCH</b>                  Skim, 1% low-fat milk (1/2 cup)                  Grilled cheese sandwich (1/2)                  Cooked carrots (2 Tbsp)                  Banana (1/2)</p>	<p><b>DINNER</b>                  Skim, 1% low-fat milk (1/2 cup)                  Chicken (1 ½ oz)                  Gravy (2 Tbsp)                  Dinner roll (1)                  Cooked peas (2 Tbsp)                  Margarine (1/2 tsp)                  Mashed potatoes (2 Tbsp)</p>
<p><b>MIDMORNING SNACK</b>                  Vanilla Wafers (2)                  Orange Juice (1/2 cup or 4 oz)</p>	<p><b>MIDAFTERNOON SNACK</b>                  Fruit yogurt (1/2 cup)                  Bug Bites or animal crackers (4-5)                  Water</p>	<p><b>EVENING SNACK</b>                  Applesauce (1/4 cup)                  Graham Crackers (2)                  Skim, 1% low-fat milk (1/2 cup)</p>

**SAMPLE MENU FOR THE 4- TO-5-YEAR-OLD CHILD**

<p><b>BREAKFAST</b>                  Skim, 1% low-fat milk (1/2 cup)                  Ready-to-eat low-sugar cereal (1/2 cup)                  Mandarin Oranges (1/2 cup)                  Margarine (1/2 tsp)                  Whole-wheat toast (1 slice)                  Jam or fruit spread (optional)</p>	<p><b>LUNCH</b>                  Skim or 1% low-fat milk (1/2 cup)                  Peanut butter and jelly sandwich (whole)                  Carrot sticks (1/3 cup)                  Banana (1 small)</p>	<p><b>DINNER</b>                  Skim or 1% low-fat milk (1/2 cup)                  Chicken (2 oz)                  Gravy (3 Tbsp)                  Dinner roll (1)                  Cooked peas (1/4 cup)                  Margarine (1/2 tsp)                  Mashed potatoes (1/4 cup)</p>
<p><b>MIDMORNING SNACK</b>                  Vanilla wafers (3)                  Orange juice (1/2 cup or 4 oz)</p>	<p><b>MIDAFTERNOON SNACK</b>                  Fruit yogurt (1 cup)                  Bug Bites or animal crackers (6)                  Water</p>	<p><b>EVENING SNACK</b>                  Applesauce (1/2 cup)                  Part-skim string cheese (3/4 oz)                  Whole-wheat crackers (5)                  Skim or 1% low-fat milk (1/2 cup)</p>