

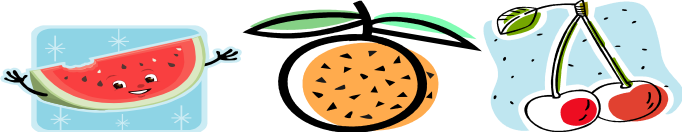




## Food Portion Size by Age

*Estimates below are based on 30-60 min exercise/day and should be increased or decreased based on activity level*

Food	Portion Size/Age			
Age	2 years	4 years	6 years	10 years
<p><b>Calories/Sex</b></p> <p style="text-align: center;"><b>1000 both</b></p>	<b>1400 both</b>	<b>1600 M 1400 F</b>	<b>1800 both</b>	
<p><b>Grains</b> (<i>Make ½ your grains whole</i>)</p>  <p>In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent</p>	<b>2 oz</b>	<b>5 oz</b>	<b>5 oz M 5 oz F</b>	<b>6 oz</b>
<p><b>Vegetables</b></p>  <p>Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.</p>	<b>1 Cup</b>	<b>1½ Cups</b>	<b>2 Cups M 1 ½ Cups F</b>	<b>2½ Cups</b>
<p><b>Fruits</b></p>  <p>Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.</p>	<b>1 Cup</b>	<b>1 ½ Cups</b>	<b>1 ½ Cups</b>	<b>2 cups</b>
<p><b>Milk Yogurt Cheese</b></p>  <p>In general, 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.</p>	<b>2 Cups</b>	<b>2 Cups</b>	<b>3 Cups M 2 Cups F</b>	<b>3 Cups</b>
<p><b>Meats, poultry, fish, dry beans and peas, eggs and nuts</b></p>  <p>In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dried beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group</p>	<b>2 oz</b>	<b>4 Oz</b>	<b>5 Oz M 4 Oz F</b>	<b>5 Oz</b>
<b>Extras Fats and Sugars</b>	<b>Limit to 165 cals/day</b>	<b>Limit to 170 cals/day</b>	<b>Limit to 130 M 170 F cals/day</b>	<b>Limit to 265 cals/day</b>
<b>Oils</b>	<b>3 tsp./day</b>	<b>4 tsp./day</b>	<b>5 M/4 F tsp./day</b>	<b>6 tsp./day</b>

## **Food Portion Size by Age**

*Estimates below are based on 30-60 min exercise/day and should be increased or decreased based on activity level*

**Tips: Use what you have on hand**

- *A fist or cupped hand = 1 cup*
- *Your thumb tip = 1 teaspoon*
- *A handful = 1-2 ounces of snack food*

<b>Meat</b>	2-3 ounces	Your palm (no fingers) or a deck of cards
<b>Pasta or rice, Vegetables, or a piece of fruit</b>	½ cup	A tennis ball
<b>Bread, ½ bagel</b>	1 slice	Computer disc
<b>Peanut Butter</b>	2 tablespoons	Ping Pong Ball
<b>Cheese</b>	1 ounce	Your thumb or 4 dice