

What does a serving size look like?

Estimating what a serving looks like can be easier with these tips.

1 ounce cheese = 4 playing dice

1 medium apple or orange = baseball

1/2 cup = 1/2 a baseball

1/4 cup dried fruit = golf ball

2 tablespoons peanut butter = 1 large marshmallow



References

Maternal and Child Health Bureau. 1992. *National Health and Safety Performance Standards—Guidelines for Out-of-Home Child Care Program*, p. 125.

USDA. *Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old*. Program Aid 1647. March 1999.

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This publication is issued to further Cooperative Extension work mandated by acts of Congress of May 8 and June 30, 1914. It was produced with the cooperation of the U.S. Department of Agriculture; Cornell Cooperative Extension; and College of Agriculture and Life Sciences, College of Human Ecology, and College of Veterinary Medicine at Cornell University. Cornell Cooperative Extension provides equal program and employment opportunities. D. Merrill Ewert, Director. Alternative formats of this publication are available on request to persons with disabilities who cannot use the printed format. For information call or write the Office of the Director, Cornell Cooperative Extension, 365 Roberts Hall, Ithaca, NY 14853 (607-255-2237).

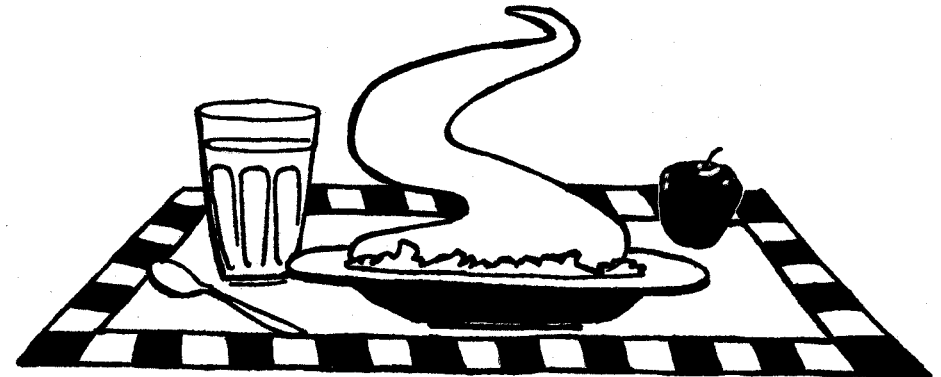
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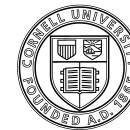
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399HMS 12/94, rev 10/01 525/1105 2M ICS MTS00395

How Much Is a Serving?



Feeding Your Child Ages 2 to 6 Years



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Food Group

Breads, Cereals, Rice, or Pasta

6 servings per day



Fruits

2 servings per day



Vegetables

3 servings per day



Meat, Poultry, Fish, Eggs, Dry Beans

2 servings per day



Milk, Yogurt, or Cheese

2 servings per day



Fats, Oils, Sugar

Serving Sizes

2- to 3-year-old

2/3 slice bread
4 saltine crackers
2 graham cracker squares
1/3 cup cooked cereal, rice, or pasta

1/3 cup fruit
2/3 medium apple, orange, or banana
1/2 cup orange juice
2-3 tablespoons dried fruit

1/3 cup cooked vegetables
1/2 cup vegetable juice

1-2 ounces lean meat, poultry, or fish (about 3-1/2 ounces/day)
1-1/2 tablespoons peanut butter
1/3 cup cooked dry beans
1 1/2 eggs

1 cup 1% or fat-free milk or yogurt
1 ounce natural cheese
1-1/2 ounces processed cheese

Use sparingly

Serving Sizes

4- to 6-year-old

1 slice bread
6 saltine crackers
2-3 graham cracker squares
1/2 cup cooked cereal, rice, or pasta

1/2 cup fruit
1 medium apple, orange, or banana
3/4 cup orange juice
1/4 cup dried fruit

1/2 cup cooked vegetables
3/4 cup vegetable juice
7-8 small pieces, raw

2-3 ounces lean meat poultry, or fish (about 5 ounces/day)
2 tablespoons peanut butter
1/2 cup cooked dry beans
2 eggs

1 cup 1% or fat-free milk or yogurt
1-1/2 ounces natural cheese
2 ounces processed cheese

Use sparingly

What else should I know about feeding my child?



Work Together

Your child decides if, what, and how much he or she will eat. Accept your child's decision, but do not offer different foods until the next meal or snack. You and your child's caregivers should provide healthy, appealing meals and snacks. And remember that your child may need to eat five to seven times a day.

Notice that the *number* of servings for ages 2 and 3 is the same as the number of servings for ages 4 to 6. Your 2- or 3-year-old may need servings about two-thirds the size of those for ages 4 to 6. However, no child is the same as another. Your child may eat more or less than the amounts shown at left. The amounts shown are a good place to start.

Be Active

Physical fitness is important for children. Encourage your child to play and be active.



Wash Hands

You, your child, and caregivers should wash your hands before and after touching food. Wash hands for 20 to 30 seconds with soap and warm water.



Prevent Choking

Children age four and under are at a greater risk for choking than older children. Some finger foods such as nuts, popcorn, grapes, or hot dogs can cause choking. Cut grapes in small pieces. Cut hot dogs lengthwise into quarters. Raw vegetables like baby carrots can also cause choking. Spread peanut butter thinly.

