



Portion Size: How Much is Healthy? for children ages 4-11

Portion sizes are an extremely important part of healthy eating - not only for adults, but for children as well. The following portion sizes are for children ages 4-11, and follow the recommended daily allowances according to the new government food pyramid.

Grains:

kids 4-6: 6 servings daily

kids 6-11: 5-7 servings daily

Serving suggestions:

1 slice whole-grain bread = a floppy disk

½ cup cooked rice, pasta or cereal = a computer mouse

Vegetables: this group includes beans, starches and legumes

kids 4-6: 3 servings daily

kids 6-11 4-6 servings daily

Serving suggestions:

½ cup raw or cooked vegetables (a variety of colors) = an ice-cream scoop

1 cup leafy vegetables (lettuce, spinach): a baseball

½ cup legumes: a lightbulb

Fruits:

kids 4-6: 2 servings daily

kids 6-11: 3-4 servings daily

Serving suggestions:

¾ cup fruit juice = a 6 oz. juice can

½ cup fruit (chopped, fresh or canned) = a woman's fist

Dairy:

kids 4-6: 2 servings daily

kids 6-11: 3 servings daily

Serving suggestions:

1 cup whole milk = an 8 oz. yogurt container

1 ½ oz. sliced cheese (natural) or 2 oz. (processed) = 3 dominos

Protein:

kids 4-6: 2 servings daily

kids 6-11: 5-6 servings daily

Serving suggestions:

2 tbsp. peanut butter = ping-pong ball

2-3 oz. cooked lean meat of skinless poultry = a deck of cards

2-3 oz. fish = a checkbook

½ cup cooked dried beans = lightbulb

1 medium-sized egg