

SERVING SIZES FOR YOUNG CHILDREN

Food	1-2	3-5	6-8	8+
Egg	1/4	1/2	3/4	1
cooked dried beans	1-2T	3-5T	5-8T	1 c
Meat	1-2T	1-2oz	1-2oz	2oz
pasta, rice, potatoes	1-2T	3-5T	5-8T	1/2 c
bread	1/4 slice	1/2 slice	1 slice	1 slice
vegetable	1-2T	3-5T	5-8T	1/2 c
fruit	1-2T or 1/4 piece	3-5T or 1/2 piece	3-5T or 1/2 piece	1/2 c or 1 piece
milk	1/4-1/3c	1/3-1/2 c	1/2-3/4 c	1 c

Milk: skim /no more than 1% 32oz

This amount includes yogurt and other low fat cheese

Starches: pick whole grain breads, whole grain pasta, brown rice, whole grain low sugar cereals

No juice

NO WAY	TRY
Asparagus broccoli spinach	Cantaloupe
Carrots mixed Vegetables pumpkin Squash sweet potato	Nectarine peach plum Apricot
Cabbage cauliflower pepper potato tomato	Grapefruit honeydew Melon, orange, Papaya, strawberries, Tangerine

FOODS THAT = PROTEIN OF IN 1 OZ OF BEEF

1 chicken drumstick
1 oz fish
1 egg
1 cup milk
2 T peanut butter
1 slice cheese pizza
1/4 c cottage cheese
2 bean burritos
1 oz American cheese

Quick rule of thumb:

1 tablespoon of each of the 4 food groups (vegetables, fruit, starch, protein) per year of life per meal

Snacks are: 1 tablespoon of 2 food groups

HEALTHY WEIGHT OVER A LIFETIME BEGINS IN THE FIRST FEW YEARS OF LIFE

- 8-10 HOURS OF SLEEP PROMOTES HEALTHY WEIGHT
- LESS THAN 1 HOUR TV/DAY PROMOTES HEALTHY WEIGHT
- FAMILY MEALS AT THE TABLE 5 OUT 7 DAYS PROMOTES HEALTHY WEIGHT
- FAMILY EXERCISE PROMOTES HEALTHY WEIGHT