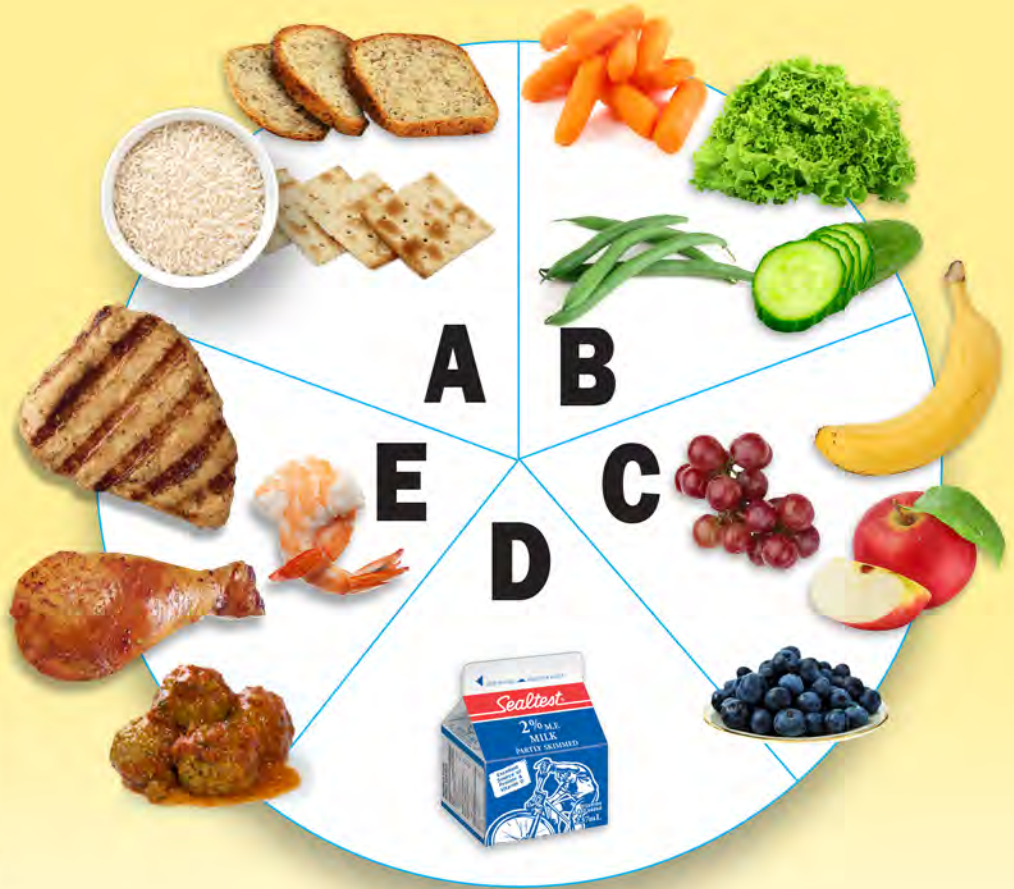




Healthy Kids Healthy Plates

Portion Size ~ Portion Wise!



AGES 1 - 3 YEARS

A ▶ Bread, Cereal, Pasta, Grains
6 servings
1/4 to 1/2 slice of bread or tortilla
1/4 cup hot cereal, rice, pasta
1/2 cup dry cereal
2-3 crackers
1/2 pancake or waffle
1/4 to 1/2 bun, bagel, roll

AGES 4 - 6 YEARS

Bread, Cereal, Pasta, Grains
6-9 servings
1 slice of bread or tortilla
1/2 cup hot cereal, rice, pasta
3/4 - 1 cup dry cereal
4-6 crackers
1/2 bun, bagel, roll

AGES 7 - 10 YEARS

Bread, Cereal, Pasta, Grains
6-9 servings
1 slice of bread or tortilla
1/2 cup hot cereal, rice, pasta
1 cup dry cereal
4-6 crackers
1/2 bun, bagel, roll

AGES 10+ YEARS

Bread, Cereal, Pasta, Grains
6-11 servings
1 slice of bread or tortilla
1/2 cup hot cereal, rice, pasta
1 cup dry cereal
4-6 crackers
1/2 bun, bagel, roll

B ▶ Vegetables - 2 servings
1/4 cup canned or cooked
1/2 cup fresh
1/3 cup starchy

Vegetables - 2-4 servings
1/2 cup fresh, canned or cooked
1/3 cup starchy

Vegetables - 2-4 servings
1/2 cup fresh, canned or cooked
1/3 cup starchy

Vegetables - 3-4 servings
1/2 cup fresh, canned or cooked
1/3 cup starchy

C ▶ Fruits - 2 servings
1/4 cup fruit cooked, canned
1/4 fresh fruit

Fruits - 2-4 servings
1/2 cup cooked, canned
1/2 fresh fruit

Fruits - 2-4 servings
1/2 cup cooked, canned
1 whole 3-4 oz. 100% juice

Fruits - 3-4 servings
1/2 cup cooked, canned
1 whole 4-6 oz. 100% juice

D ▶ Dairy - 4 servings
1/2 cup yogurt
1/2 cup whole milk

Dairy - 3 servings
3/4 cup yogurt
3/4 cup whole milk (2% or less)

Dairy - 3 servings
1 cup yogurt
8 oz. (2% or less)

Dairy - 3 servings
1 cup yogurt
8 oz. (2% or less)

E ▶ Protein - 2-4 servings
1 oz. meat, seafood, poultry
1/4 cup beans
1 Tbsp. peanut butter, nuts, seeds
1 egg

Protein - 3-4 servings
2 oz. meat, seafood, poultry
1/2 cup beans
2 Tbsp. peanut butter, nuts, seeds
1 egg

Protein - 3-5 servings
2 oz. meat, seafood, poultry
1 cup beans
2 Tbsp. peanut butter, nuts, seeds
1 egg

Protein - 3-5 servings
3 oz. meat, seafood, poultry
1 cup beans
2 Tbsp. peanut butter, nuts, seeds
1 egg