

Learning about Portion Size: After Your Visit

You can meet your nutrition needs by eating from all the food groups in the right proportions every day. Learning correct portion sizes can help with grocery shopping planning, keeping your family food budget in control, and maintaining a healthy weight.

Why do we need to eat from all the food groups?

Each food group has nutrients our body needs for health and energy. Foods are grouped based on the nutrients they offer. Your body functions best if you eat from all food groups every day. The 5 food groups are grains, vegetables, fruits, meats/meat alternatives, dairy and 'others'.

What's the right serving size for your child?

Serving sizes vary depending on a person's age. Children need child-sized portions. It is unhealthy for children to eat adult portions. Smaller children need smaller portions than older children, but often need to eat more frequently (for example, 3 meals and 2-3 snacks) in order to meet their nutrient needs. See the chart below for the recommended serving sizes for your children and the recommended servings per day of each food group.

Age 1

Grain	Veggies	Fruit	Dairy	Meat	Fat
4 or more servings	3 or more servings	4 or more servings	4 servings	1.5 oz or 3 .5 oz servings	3 or more servings
Serving Size	Serving Size	Serving Size	Serving Size	Serving Size	Serving Size
½ slice bread	2-3 tbsp cooked	¼ cup fresh	½ oz. cheese	1/8 cup beans (1/2 oz.)	1 tbsp avocado
¼ cup pasta		2-3 tbsp canned	½ cup yogurt	2 tbsp of any meat (1/2 oz.)	½ tsp mayo or margarine
¼ cup cereal			½ cup milk	½ egg	

Age 2-3

Bread	Veggies	Fruit	Dairy	Meat	Fat
3 servings	4 or more servings	4 or more servings	4 servings	2 oz or 4 .5 oz servings	2-3 servings
Serving Size	Serving Size	Serving Size	Serving Size	Serving Size	Serving Size
1 slice	2-3 tbsp	¼ cup	½ oz.	1/4 cup	1 tbsp

bread	cooked	fresh	cheese	beans (1 oz.)	avocado
1/3 cup pasta		2-3 tbsp canned	1/2 cup yogurt	2 tbsp of any meat (1/2 oz.)	1 tsp mayo or margarine
1/2 cup cereal			1/2 cup milk	1 egg	

Age 4-8

Bread	Veggies	Fruit	Dairy	Meat	Fat
4 servings	3 or more servings	3 or more servings	3 servings	3-4 oz	4 servings
Serving Size	Serving Size	Serving Size	Serving Size	Serving Size	Serving Size
1 slice bread	2-3 tbsp cooked	1/4 cup fresh	1/2 oz. cheese	1/4 cup beans (1 oz.)	1 tsp avocado
1/3 cup pasta		2-3 tbsp canned	1/2 cup yogurt	2 tbsp of any meat (1/2 oz.)	1 tsp mayo or margarine
1/2 cup cereal			1/2 cup milk	1 egg	

Age 9-13

Bread	Veggies	Fruit	Dairy	Meat	Fat
5-6 servings	3-5 or more servings	2-3 or more servings	4 servings	2-3 servings	5 servings
Serving Size	Serving Size	Serving Size	Serving Size	Serving Size	Serving Size
1 slice bread	1/2 cup cooked	1 small fresh	1 1/2 oz. cheese	1/2 cup beans	1/8 small avocado
1/2 cup pasta	1 cup raw	1/2 cup canned	1 cup yogurt	2-3 oz. of any meat	1 tsp mayo or margarine
1 cup cereal			1 cup milk	1 egg	

Tips for better health:

- Offer whole grain foods everyday such as brown rice, oatmeal, whole wheat bread, quinoa, whole wheat pasta.

- Vegetables: offer a diverse range of colors and textures. Try cutting the vegetables into different shapes and sizes to promote enjoyment.
- Fruits: offer a diverse range of colors and flavors. When using canned or frozen fruit, make sure it is 'no sugar added.'
- Encourage children to drink **water**. Avoid sugary drinks like soda, fruit juices and sports drinks. Choose non-fat milk.
- Choose lean beef, pork, skinless chicken or turkey, fresh fish, eggs and legumes. Limit processed meats such as hot dogs and sausages.
- Choose healthy fats such as avocado, olive oil, and products made from olive or canola oil.
- Limit 'screen time' (television, computer and video games) to 1 hour per day or less.
- Encourage physical activity such as swimming, walking, biking, dance and team sports. Aim for 60 minutes of activity every day.

Where can I find more information?

Visit **choosemyplate.gov**, or **kphealthyme.com** for more nutrition information or a nutrition plan for your child's age and activity level.