



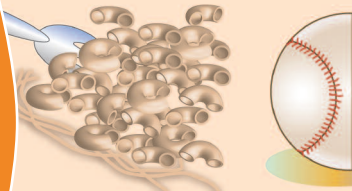
Food Serving Sizes for Children 6 to 12 Years

How many each day?

What is ONE serving for a child six years and over?

Grains

5 to 12 servings per day



Pasta or rice 125 ml (1/2 c)
= 1/2 baseball



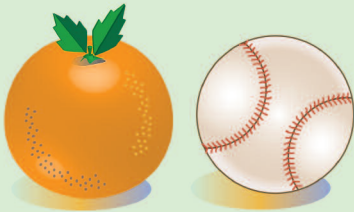
Cold cereal 175 mL (3/4 c)
= 1 tennis ball



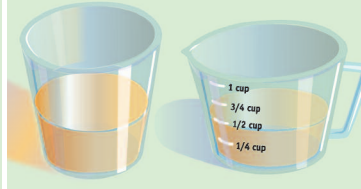
Bagel 1/2 medium bagel
= 1 hockey puck

Vegetables and Fruits

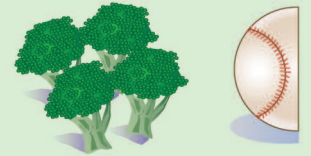
5 to 10 servings per day



1 medium fresh fruit or vegetable
= 1 baseball



Fruit juice 125 mL (1/2 c)
Maximum 250 mL (1 c) per day



Cooked vegetables 125 ml (1/2 c)
= 1/2 baseball

Milk Products*

2 to 4 servings per day



Milk 250 mL (1 c)



Cheese 50 g (2 oz)
= 2 - 9 volt batteries



Yogourt 175 g (3/4 c)
= 1 tennis ball

Meat and Alternatives

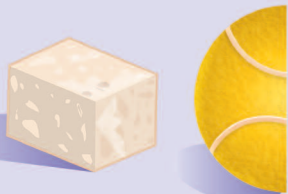
2 to 3 servings per day



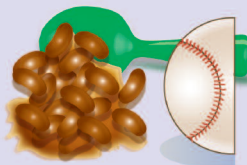
Depending on the age of the child, one serving will range from:
Meat, fish poultry 50 g (2 oz) = 1/2 a deck of cards to
100 g (4 oz) = 1 deck of cards



Peanut butter 30 mL (2 Tbsp)
= 2 walnuts



Tofu 100 g (1/3 c)
= 1/2 tennis ball



Depending on the age of the child, one serving will range from:
Beans or lentils 125 mL = 1/2 baseball to 250 mL = 1 baseball

Serving sizes show common amounts to offer children 6 to 12 years. Children may eat more or less at meals or snacks. As children grow older, serving sizes and numbers of servings will increase. Enjoy a variety of foods.

* Milk and Milk Products: Children 6 to 12 years need 3 to 4 servings.