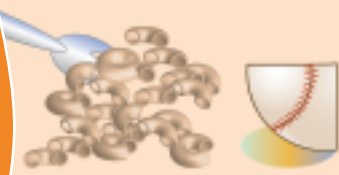



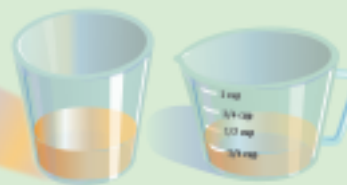

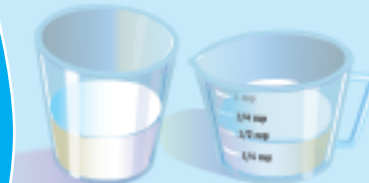
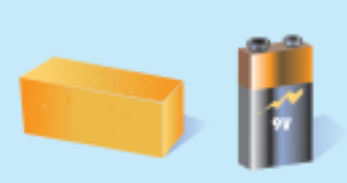









# Food Serving Sizes for Children 1 to 3 Years

Small tummies need smaller amounts of food. Serving sizes may be smaller than you think.

How many each day?	What is ONE serving for a 1 to 3 year old?		
<b>Grains</b> 5 to 12 servings per day	 Pasta or rice 50 ml (1/4 c) = 1/4 baseball	 Cold cereal 75 mL (1/3 c) = 1/2 tennis ball	 Bagel 1/4 medium bagel = 1/2 hockey puck
<b>Vegetables and Fruits</b> 5 to 10 servings per day	 1/2 whole fruit or vegetable = 1/2 baseball	 Fruit juice 50 mL (1/4 c) Maximum 125 mL (1/2 c) per day	 Cooked vegetables 50 ml (1/4 c) = 1/4 baseball
<b>Milk Products</b> 4 servings per day	 Milk 125 mL (1/2 c)*	 Cheese 25 g (1oz)* = 1 - 9 volt battery	 Yogourt 75 g (1/3 c)* = 1/2 tennis ball
<b>Meat and Alternatives</b> 2 to 3 servings per day	 Meat, fish, poultry 25 g (1 oz) = 1 - 9 volt battery	 Peanut butter 15 mL (1 Tbsp) = 1 walnut	
	 Tofu 50 g (1/4 c) = 2 - 9 volt batteries	 Beans or lentils 50 mL (1/4 c) = 1/4 baseball	

Serving sizes show common amounts to offer young children. Children may eat more or less at meals or snacks. Enjoy a variety of foods.

\* 500 mL (2 c) of milk is recommended every day. Cheese and yogurt add variety. As your child grows, serving sizes and number of milk servings will change.



# Food Serving Sizes for Children 4 to 5 Years

How many each day?	What is ONE serving for a child four years and over?		
<b>Grains</b> 5 to 12 servings per day	<p>Pasta or rice 125 mL (1/2 c) = 1/2 baseball</p>	<p>Cold cereal 175 mL (3/4 c) = 1 tennis ball</p>	<p>Bagel 1/2 medium bagel = 1 hockey puck</p>
<b>Vegetables and Fruits</b> 5 to 10 servings per day	<p>1 medium fresh fruit or vegetable = 1 baseball</p>	<p>Fruit juice 125 mL (1/2 c) Maximum 250 mL (1 c) per day</p>	<p>Cooked vegetables 125 mL (1/2 c) = 1/2 baseball</p>
<b>Milk Products</b> 2 to 4 servings per day	<p>Milk 250 mL (1 c)</p>	<p>Cheese 50 g (2 oz) = 2 - 9 volt batteries</p>	<p>Yogourt 175 g (3/4 c) = 1 tennis ball</p>
<b>Meat and Alternatives</b> 2 to 3 servings per day	<p>Meat, fish, poultry 50 g (2 oz) = 2 - 9 volt battery</p>	<p>Peanut butter 30 mL (2 Tbsp) = 2 walnuts</p>	
	<p>Tofu 100 g (1/3 c) = 1/2 tennis ball</p>	<p>Beans or lentils 125 mL (1/2 c) = 1/2 baseball</p>	

Serving sizes show common amounts to offer children 4 to 5 years old. Children may eat more or less at meals and snacks. As children grow older and as activity levels increase, serving sizes and numbers of servings will increase. Encourage your child to eat until comfortably full. Enjoy a variety of foods.

