

## Feeding Guide for Children

| Age                                | 2 to 3       |                      | 4 to 6          |                      | 7 to 12        |                      |  |
|------------------------------------|--------------|----------------------|-----------------|----------------------|----------------|----------------------|--|
| Food                               | Portion Size | Servings             | Portion Size    | Servings             | Portion Size   | Servings             | Comments   |
| Milk and dairy                     | ½ c (4 oz)   | 4-5 (16-20 oz total) | ½ to ¾ (4-6 oz) | 3-4 (24-32 oz total) | ½-1 c (4-8 oz) | 3-4 (24-32 oz total) | The following may be substituted for ½ c fluid milk: ½-¾ oz cheese, ½ cup yogurt, 2½ tbsp nonfat dry milk              |
| Meat, fish, poultry, or equivalent | 1-2 oz       | 2 (2-4 oz total)     | 1-2 oz          | 2 (2-4 oz total)     | 2 oz           | 3-4 (6-8 oz total)   | The following may be substituted for 1 oz meat, fish, or poultry: 1 egg, 2 tbsp peanut butter, 4-5 tbsp cooked legumes |

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| Food                | Portion Size | Servings | Portion Size | Servings | Portion Size   | Servings | Comments   |
| Vegetables (Cooked) | 2-3 tbsp     | 4-5      | 3-4 tbsp     | 4-5      | ¼ to ½ c       | 3-4      | Include one green leafy or yellow vegetable for vitamin A, such as carrots, spinach, broccoli, winter squash, or greens                    |
| Vegetables (Raw)*   | Few pieces   | 4-5      | Few pieces   | 4-5      | Several Pieces | 3-4      |  |
| Fruit (Raw)         | ½-1 small    |          | ½-1 small    |          | 1 medium       |          | Include one vitamin C-rich fruit, vegetable, or juice, such as citrus juices, orange, grapefruit, strawberries, melon, tomato, or broccoli |
| Fruit (Canned)      | 2-4 tbsp     |          | 4-6 tbsp     |          | ¼-½ c          |          |  |
| Fruit (Juice)       | 3-4 oz       |          | 4 oz         |          | 4 oz           |          |  |

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| Food   | Portion Size | Servings | Portion Size | Servings | Portion Size | Servings | Comments  |
| Whole grain or enriched bread  | ½-1 slice    | 3-4      | 1 slice      | 3-4      | 1 slice      | 4-5      | The following may be substituted for 1 slice of bread: ½ c spaghetti, macaroni, noodles, or rice; 5 saltines; ½ English muffin or bagel; 1 tortilla; corn grits or posole |
| Cooked cereal  | ¼-½ c        | 3-4      | ½ c          | 3-4      | ½-1 c        | 4-5      |   |
| Dry cereal   | ½-1 c        | 3-4      | 1 c          | 3-4      | 1 c          | 4-5      |   |
| <p>*Do NOT give raw vegetables to young children until they can chew well.<br/> <i>Source: A Parent's Guide to Obesity (© 2006 American Academy of Pediatrics)</i></p> |              |          |              |          |              |          |   |