

Healthy Servings

for Children ages 4~8 years old

This is the **daily** Eating Guide for children who participate in 60 minutes of moderate activity per day

Grain Group

4-5 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

Bread
Bun, large bagel, English muffin
Crackers (whole grain)
Dry cereal (unsweetened), flakes
Cooked cereal
Cooked rice, pasta

Serving Size = 1 ounce

1 slice
½
5
1cup
½ cup
½ cup

Fruit Group

1- 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit

Fresh/whole
Cooked or canned
Juice –100% fruit juice
Dried fruit

Serving Size

1-2 cups
1 cup
8 oz
½ cup

Vegetable Group

1½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables

Milk Group

2 cups total per day; choose lowfat or fat-free.

Milk, yogurt
Cheese, natural cheddar, string cheese
American, processed

Serving Size

1 cup
1 ½ ounces
2 ounces

Meat Group

2 ounces total per day.

Meat, poultry, fish
Dry beans and peas, cooked
Peanut butter
Egg
Nuts or seeds

Serving Size =1 oz

1 oz.
¼ cup
1 Tablespoon
1
½ ounce

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.

- General information on feeding kids – www.MyPyramid.gov/kids
- Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbi.nih.net/portion>
- Get your kids to eat fruits & vegetables – www.fruitsandveggiesmatter.gov
- For calcium rich recipes – www.3aday.org
- Healthy school lunches, sleep and more – www.kidshealth.org
- Ohio resources – www.eatbetterdobetter.org or www.healthyohioprogram.org
- Keep your family moving – for kids www.kidnetic.org
– for parents www.cdc.gov/nccdphp/dnpa
- Caffeine content of common beverages – http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html



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