

# Portion Sizes

The following guide shares the number of servings from each food group needed per day for a balanced nutritional intake as well as age appropriate portion sizes. Based on the number of meals and snacks an individual eats each day, actual portion sizes can vary. In general, portions eaten should be based on the amounts below and it is always safe to eat more vegetables when hunger is present.

## 2-4 Years: 3 meals plus 2 snacks

- **Protein:** 3 servings
  - 1 ounce lean meat, poultry or seafood,  $\frac{1}{2}$  -1 egg,  $\frac{1}{4}$  -  $\frac{1}{3}$  cup cooked beans, 1 Tablespoon peanut butter per serving
- **Dairy:** 4 servings
  - 2-2.5 cups/day,  $\frac{1}{2}$  cup milk/yogurt,  $\frac{1}{2}$  ounce cheese per serving
- **Vegetables:** 3 servings non-starchy vegetables
  - 1-1  $\frac{1}{2}$  cups/day,  $\frac{1}{4}$  -  $\frac{1}{2}$  cup cooked vegetables,  $\frac{1}{2}$  cup leafy salad greens per serving
- **Fruit:** 1-1  $\frac{1}{2}$  cup/day:
  - $\frac{1}{4}$  cup cooked, frozen, or canned fruit or  $\frac{1}{2}$  piece fresh fruit per serving
- Dessert only on special occasion
- No sugar sweetened beverages
- No fast food

## 5-9 Years: 3 meals plus 1-2 snacks

- **Protein:** 3 servings
  - 2-3 ounces lean meat, poultry or seafood, 1-2 eggs, 1 Tablespoon peanut butter or 2 Tablespoons nuts/seeds,  $\frac{1}{3}$  -  $\frac{1}{2}$  cup cooked beans
- **Dairy:** 2-3 servings
  - $\frac{1}{2}$  -1 cup milk,  $\frac{1}{2}$ - 1 cup yogurt, 1 ounce of cheese per serving
- **Vegetables:** >3 (3+ cups) servings non-starchy vegetables
  - $\frac{1}{4}$  -  $\frac{1}{2}$  cup cooked,  $\frac{1}{2}$ -1 cup leafy greens)
- **Fruit:** 2-3 servings
  - $\frac{1}{2}$  -1 piece fresh fruit,  $\frac{1}{3}$  cup chopped, cooked, canned per serving
- **Grains:** < 6 servings
  - $\frac{1}{2}$  -1 slice bread,  $\frac{1}{2}$ -  $\frac{3}{4}$  cup cereal,  $\frac{1}{3}$ -  $\frac{1}{2}$  cup cooked rice, 3-5 crackers per serving
- Dessert only on special occasion
- No sugar sweetened beverages
- No fast food

## 10-14 Years: 3 meals plus 1-2 snacks

- **Protein:** 3 servings
  - 2-3 oz, 1-2 eggs, 1 Tbsp seeds, ½ cup beans
- **Dairy:** 3 servings
  - 2-3 servings 1 cup milk/yogurt, 1-2 oz. cheese
- **Vegetables:** > 3 (3+) servings non-starchy vegetables
  - 1 cup cooked or raw, 2 cups leafy greens per serving
- **Fruit:** 2-3 servings
  - 1 piece of fresh or ½ -1 cup chopped, cooked, canned
- **Grains:** < 6 servings
  - 1 slice bread or ½ bun, 1 cup cereal, ½ cup cooked rice, 6 crackers
- Dessert only on special occasions
- No sugar sweetened beverages
- No fast food

## 15-18 Years: 3 meals plus 1-2 snacks

- **Protein:** 3 servings
  - 3 ounces lean meat, poultry or seafood, 1-2 eggs, 1 Tablespoon peanut butter or 2 Tablespoons nuts/seeds, ½ cup cooked beans per serving
- **Dairy:** 2-3 servings
  - 1 cup milk/yogurt, 1-2 oz cheese per serving
- **Vegetables:** > 3 (3+) servings non-starchy vegetables
  - 1 cup cooked or raw, 2 cups leafy greens per serving
- **Fruit:** 2-3 servings
  - 1.5-2 cups/day, 1 piece of fresh or ½ -1 cup chopped, cooked, canned, preserved
- **Grains:** < 6 servings
  - 1 slice bread or ½ bun, 1 cup cereal, ½ cup cooked rice, 6 crackers per serving
- Dessert only on special occasions
- No sugar sweetened beverages
- No fast food



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