

## Suggested Serving Sizes for Children

These suggestions are not necessarily appropriate for all children (and may be inappropriate for some children with medical conditions that greatly affect nutrient needs). They are intended to serve as a general framework that can be individualized based on a child's condition and growth pattern.

	<b>Suggested serving size for child 1-3 years of age</b>	<b>Suggested serving size for child 4-6 years of age</b>	<b>Suggested serving size for child 7-10 years of age</b>	<b>Suggested serving size for child 11-18 years of age</b>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>Bread – ½ to 1 slice</li> <li>Rice, pasta, potatoes – ¼ to ½ cup</li> <li>Cooked cereal – ¼ to ½ cup</li> <li>Ready-to-eat cereal – ¼ to ½ cup</li> <li>Tortilla – ½ to 1</li> </ul>	<ul style="list-style-type: none"> <li>Bread – 1 slice</li> <li>Rice, pasta, potatoes – ½ cup</li> <li>Cooked cereal – ½ cup</li> <li>Ready-to-eat cereal – ¾ to 1 cup</li> <li>Tortilla – 1</li> </ul>	<ul style="list-style-type: none"> <li>Bread – 1 slice</li> <li>Rice, pasta, potatoes – ½ cup</li> <li>Cooked cereal – ½ cup</li> <li>Ready-to-eat cereal – 1 cup</li> <li>Tortilla – 1</li> </ul>	<ul style="list-style-type: none"> <li>Bread – 1 slice</li> <li>Rice, pasta, potatoes – ½ cup</li> <li>Cooked cereal – ½ cup</li> <li>Ready-to-eat cereal – 1 cup</li> <li>Tortilla – 1</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Cooked or pureed – 2 to 4 Tablespoons</li> <li>Raw – few pieces, if child can chew well</li> </ul>	<ul style="list-style-type: none"> <li>Cooked or pureed – 3 to 4 Tablespoons</li> <li>Raw – few pieces</li> </ul>	<ul style="list-style-type: none"> <li>Cooked or pureed – ½ cup</li> <li>Raw – ½ to 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Cooked or pureed – ½ cup</li> <li>Raw – ½ to 1 cup</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Raw (apple, banana, etc.) – ½ to 1 small, if child can chew well</li> <li>Canned – 2 to 4 Tablespoons</li> <li>Juice – 3 to 4 ounces</li> </ul>	<ul style="list-style-type: none"> <li>Raw (apple, banana, etc.) ½ to 1 small, if child can chew well</li> <li>Canned – 4 to 8 Tablespoons</li> <li>Juice – 4 ounces</li> </ul>	<ul style="list-style-type: none"> <li>Raw (apple, banana, etc.) – 1 small</li> <li>Canned – ¾ cup</li> <li>Juice – 5 ounces</li> </ul>	<ul style="list-style-type: none"> <li>Raw (apple, banana, etc.) – 1</li> <li>Canned – ¾ cup</li> <li>Juice – 6 ounces</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>Milk, yogurt, pudding – 4 to 6 ounces</li> <li>Cheese – ¾ ounce</li> </ul>	<ul style="list-style-type: none"> <li>Milk, yogurt, pudding – ½ to ¾ cup</li> <li>Cheese – 1 ounce</li> </ul>	<ul style="list-style-type: none"> <li>Milk, yogurt, pudding – 1 cup</li> <li>Cheese – 1 ½ ounces</li> </ul>	<ul style="list-style-type: none"> <li>Milk, yogurt, pudding – 1 cup</li> <li>Cheese – 1 ½ ounces</li> </ul>
<b>Meat, Poultry, Fish, Other Protein</b>	<ul style="list-style-type: none"> <li>Meat, poultry, fish – 1 to 2 ounces</li> <li>Eggs – ½ to 1</li> <li>Peanut butter – 1 Tablespoon</li> <li>Cooked dried beans – 4 to 5 Tablespoons</li> </ul>	<ul style="list-style-type: none"> <li>Meat, poultry, fish – 1 to 2 ounces</li> <li>Eggs – 1 to 2</li> <li>Peanut butter – 2 Tablespoons</li> <li>Cooked dried beans – 4 to 8 Tablespoons</li> </ul>	<ul style="list-style-type: none"> <li>Meat, poultry, fish – 2 ounces</li> <li>Eggs – 2</li> <li>Peanut butter – 3 Tablespoons</li> <li>Cooked dried beans – 1 cup</li> </ul>	<ul style="list-style-type: none"> <li>Meat, poultry, fish – 2 to 3 ounces</li> <li>Eggs – 2</li> <li>Peanut butter – 4 Tablespoons</li> <li>Cooked dried beans – 1 cup</li> </ul>