

Portion Size for Food Groups Based on Age: 1-10 years

Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 5
Fruits	2–3 servings	$\frac{1}{4}$ cup cooked, frozen, or canned $\frac{1}{2}$ piece fresh $\frac{1}{4}$ cup 100% juice	$\frac{1}{4}$ cup cooked, frozen, or canned $\frac{1}{2}$ piece fresh $\frac{1}{3}$ cup 100% juice
Vegetables	2–3 servings	$\frac{1}{4}$ cup cooked	$\frac{1}{4}$ cup cooked $\frac{1}{2}$ piece fresh
Grains	6–11 servings	$\frac{1}{2}$ slice bread $\frac{1}{4}$ cup cooked cereal, rice, or pasta $\frac{1}{3}$ cup dry cereal 2–3 crackers	$\frac{1}{2}$ slice bread $\frac{1}{3}$ cup cooked cereal, rice, or pasta $\frac{1}{2}$ cup dry cereal 3–4 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu $\frac{1}{4}$ cup cooked beans $\frac{1}{2}$ egg	1 ounce meat, fish, chicken, or tofu $\frac{1}{3}$ cup cooked beans 1 egg

Portion Size for Food Groups Based on Age: 4-18years

Age	Fruit	Vegetables	Grains	Protein foods	Dairy/Calcium-rich foods
4- 8 yrs	1 1.5 cups	1.5 cups	5 oz. equivalents*	4 oz. equivalents**	2.5 cups
9-13 yrs girls	1.5 cups	2 cups	5 oz. equivalents*	5 oz. equivalents**	3 cups
9-13 yrs, boys	1.5 cups	2.5 cups	6 oz. equivalents*	5 oz. equivalents**	3 cups
14-18 yrs, girls	1.5 cups	2.5 cups	6 oz. equivalents*	5 oz. equivalents**	3 cups
14-18 yrs, boys	2 cups	3 cups	8 oz. equivalents*	6.5 oz. equivalents**	3 cups

*1 oz equivalent of Grains: 1 mini bagel, ½ cup of cooked rice, ½ cup of cooked pasta, or 1 regular slice of bread.

**1 oz equivalent of Protein Foods: 1 egg, ½ oz of nuts or seeds, 1 oz of cooked meat/poultry, fish, 1/4 cup of cooked beans or 1 tablespoon of peanut butter. To learn more about portions visit: <https://www.choosemyplate.gov/>

Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 5
Fruits	2–3 servings	$\frac{1}{4}$ cup cooked, frozen, or canned $\frac{1}{2}$ piece fresh $\frac{1}{4}$ cup 100% juice	$\frac{1}{4}$ cup cooked, frozen, or canned $\frac{1}{2}$ piece fresh $\frac{1}{3}$ cup 100% juice
Vegetables	2–3 servings	$\frac{1}{4}$ cup cooked	$\frac{1}{4}$ cup cooked $\frac{1}{2}$ cup raw
Grains	6–11 servings	$\frac{1}{2}$ slice bread $\frac{1}{4}$ cup cooked cereal, rice, or pasta $\frac{1}{3}$ cup dry cereal 2–3 crackers	$\frac{1}{2}$ slice bread $\frac{1}{3}$ cup cooked cereal, rice, or pasta $\frac{1}{2}$ cup dry cereal 3–4 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu $\frac{1}{4}$ cup cooked beans $\frac{1}{2}$ egg	1 ounce meat, fish, chicken, or tofu $\frac{1}{3}$ cup cooked beans 1 egg

