

# PORTION SIZES

## How much to offer your 2-year-old

Use these portion sizes as a guide when you're planning meals. Let your child decide how much they want to eat, since their hunger can vary from day to day. It's okay if they don't finish everything on their plate. Try to offer a variety of foods from each food group daily. Aim to include at least 3 food groups in every meal and at least 2 food groups in every snack.

### 2-YEAR-OLDS: Suggested amounts to OFFER each day

#### VEGGIES

1 cup

**1 cup equals:**

- 1 cup vegetable, chopped
- 1 cup 100% vegetable juice
- 2 cups leafy greens, chopped



#### FRUITS

1 cup

**1 cup equals:**

- 1 cup fruit, sliced or chopped
- ½ cup dried fruit, minced
- 1 cup 100% fruit juice



#### DAIRY FOODS

2 cups

**1 cup equals:**

- 1 cup low-fat milk
- 1 cup low-fat yogurt
- 1½ ounces cheese
- 2 cups cottage cheese



#### GRAINS

3 ounces

**1 ounce equals:**

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, pasta, or rice
- 1 6-inch tortilla



#### PROTEIN FOODS

2 ounces

**1 ounce equals:**

- 1 ounce cooked meat, poultry, or seafood
- 1 egg
- ¼ cup cooked beans, peas, or lentils
- 1 tablespoon peanut butter



Portion sizes come in ounces and cups. Use these images as a guide.

1 ounce =  
3 dice



3 ounces =  
deck of cards



1 cup =  
tennis ball

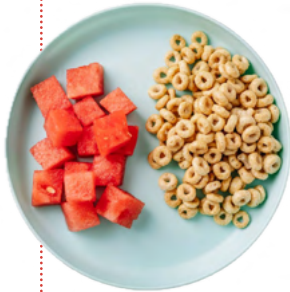


¼ cup =  
egg



# 2-year-old: Sample meal plan for one day

## MEALS



### BREAKFAST

¼ cup watermelon, diced  
½ cup breakfast cereal, dry  
½ cup low-fat milk (in an open cup)

### LUNCH

½ tortilla  
¼ cup beans, mashed  
¾ ounce cheese, shredded  
¼ cup corn  
3-4 ounces water (in an open cup)



### DINNER

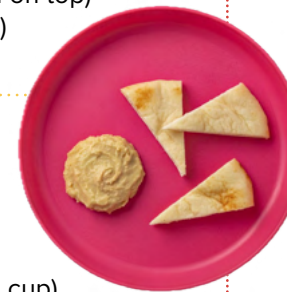
½ cup meat lasagna  
¼ cup broccoli, cooked  
3-4 ounces water  
(in an open cup)

## SNACKS



### SNACK 1

3 to 4 crackers  
¼ cup ricotta cheese  
½ cup cucumber, sliced  
Dill seasoning (optional, sprinkled on top)  
3-4 ounces water (in an open cup)



### SNACK 2

¼ cup hummus  
½ pita bread, sliced into triangles  
½ cup 100% fruit juice (in an open cup)



### SNACK 3

½ cup low-fat yogurt  
¼ cup blueberries  
2 tablespoons granola,  
sprinkled on top

## Common amounts to offer at a meal or snack:

### VEGGIES

¼ cup

### FRUITS

¼ cup

### DAIRY FOODS

½ cup

### GRAINS

½ to 1 ounce

### PROTEIN FOODS

½ to 1 ounce

## LESSON: TIME TO EAT! WHAT'S ON YOUR PLATE?

### Take this lesson to learn:

- How to help your child develop healthy eating habits.
- Easy ways to add more variety to meals and snacks.
- Tips to get your kids involved in the kitchen.

### Learn More with wichealth Lessons!

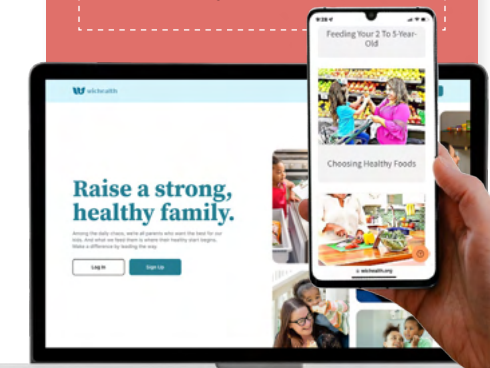
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# PORTION SIZES

## How much to offer your 3-year-old

Use these portion sizes as a guide when you're planning meals. Let your child decide how much they want to eat, since their hunger can vary from day to day. It's okay if they don't finish everything on their plate. Try to offer a variety of foods from each food group daily. Aim to include at least 3 food groups in every meal and at least 2 food groups in every snack.

### 3-YEAR-OLD: Suggested amounts to OFFER each day

#### VEGGIES 1 - 1 ½ cups

**1 cup equals:**

- 1 cup vegetable, chopped
- 1 cup 100% vegetable juice
- 2 cups leafy greens, chopped



#### FRUITS 1 - 1 ½ cups

**1 cup equals:**

- 1 cup fruit, sliced or chopped
- ½ cup dried fruit, minced
- 1 cup 100% fruit juice



#### DAIRY FOODS 2 - 2 ½ cups

**1 cup equals:**

- 1 cup low-fat milk
- 1 cup low-fat yogurt
- 1 ½ ounces cheese
- 2 cups cottage cheese



#### GRAINS 3 - 5 ounces

**1 ounce equals:**

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, pasta, or rice
- 1 6-inch tortilla



#### PROTEIN FOODS 2 - 4 ounces

**1 ounce equals:**

- 1 ounce cooked meat, poultry, or seafood
- 1 egg
- ¼ cup cooked beans, peas, or lentils
- 1 tablespoon peanut butter



Portion sizes come in ounces and cups. Use these images as a guide.

1 ounce =  
3 dice



3 ounces =  
deck of cards



1 cup =  
tennis ball



¼ cup =  
egg



# 3-year-old: Sample meal plan for one day

## LESSON: TIME TO EAT! WHAT'S ON YOUR PLATE?

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## MEALS

### BREAKFAST

- ½ cup oatmeal
- ¼ cup banana, chopped
- 1 tablespoon nuts, finely chopped
- ½ cup low-fat milk



### LUNCH

- ½ tortilla
- 1 ounce chicken breast, chopped
- ½ cup veggie mix: corn, chopped spinach, and chopped tomatoes
- 1 teaspoon salsa, dressing, or oil and vinegar
- ½ cup watermelon, diced
- ½ cup low-fat milk



### DINNER

- ½ cup spaghetti noodles, cooked
- 1 ounce ground turkey, cooked
- ½ cup carrots, cooked
- ½ cup low-fat milk



## SNACKS

### SNACK 1

- ½ cup sliced green pepper and sugar snap peas
- ¼ cup hummus
- 3-4 ounces water
- ½ pita bread, sliced into triangles



### SNACK 2

- 5-6 crackers
- ¾ ounce low-fat cheese, sliced
- ½ cup 100% fruit juice



### SNACK 3

- ½ cup yogurt
- ¼ cup blueberries, halved
- 2 tablespoons granola (sprinkled on top)



## Common amounts to offer at a meal or snack:

### VEGGIES

¼ cup

### FRUITS

¼ cup

### DAIRY FOODS

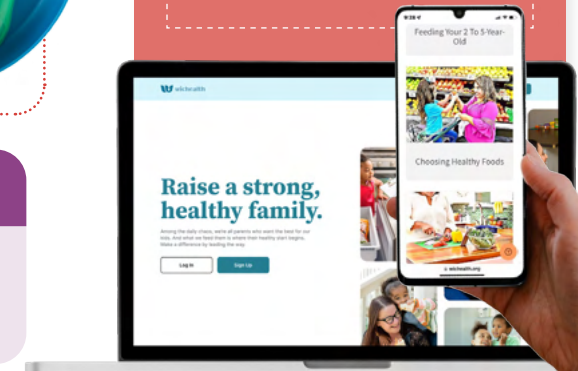
½ cup

### GRAINS

½ to 1 ounce

### PROTEIN FOODS

½ to 1 ounce








# PORTION SIZES

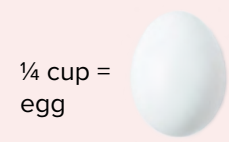
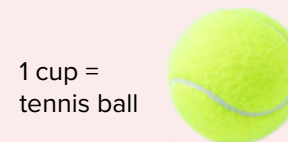
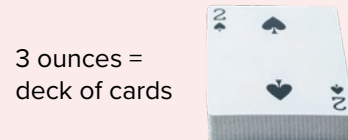
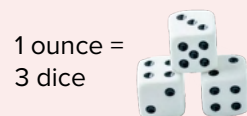
## How much to offer your 4-year-old

Use these portion sizes as a guide when you're planning meals. Let your child decide how much they want to eat, since their hunger can vary from day to day. It's okay if they don't finish everything on their plate. Try to offer a variety of foods from each food group daily. Aim to include at least 3 food groups in every meal and at least 2 food groups in every snack.

### 4-YEAR-OLD: Suggested amounts to OFFER each day

VEGGIES 1 - 1 ½ cups	FRUITS 1 - 1 ½ cups	DAIRY FOODS 2 ½ cups	GRAINS 4 - 5 ounces	PROTEIN FOODS 3 - 5 ounces
<p><b>1 cup equals:</b></p> <ul style="list-style-type: none"> <li>1 cup vegetable, chopped</li> <li>1 cup 100% vegetable juice</li> <li>2 cups leafy greens, chopped</li> </ul> 	<p><b>1 cup equals:</b></p> <ul style="list-style-type: none"> <li>1 cup fruit, sliced or chopped</li> <li>½ cup dried fruit, minced</li> <li>1 cup 100% fruit juice</li> </ul> 	<p><b>1 cup equals:</b></p> <ul style="list-style-type: none"> <li>1 cup low-fat milk</li> <li>1 cup low-fat yogurt</li> <li>1 ½ ounces cheese</li> <li>2 cups cottage cheese</li> </ul> 	<p><b>1 ounce equals:</b></p> <ul style="list-style-type: none"> <li>1 slice bread</li> <li>1 cup ready-to-eat cereal</li> <li>½ cup cooked cereal, pasta, or rice</li> <li>1 6-inch tortilla</li> </ul> 	<p><b>1 ounce equals:</b></p> <ul style="list-style-type: none"> <li>1 ounce cooked meat, poultry, or seafood</li> <li>1 egg</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 tablespoon peanut butter</li> </ul> 

Portion sizes come in ounces and cups. Use these images as a guide.



# 4-year-old: Sample meal plan for one day

## MEALS

### BREAKFAST

4-5 strawberries  
½ cup low-fat yogurt  
1 small pancake  
½ cup low-fat milk



### LUNCH

1 whole wheat tortilla  
1 ounce tuna  
1 teaspoon mayonnaise  
¼ cup low-fat cheese, shredded  
½ cup bell pepper, sliced  
½ cup low-fat milk



### DINNER

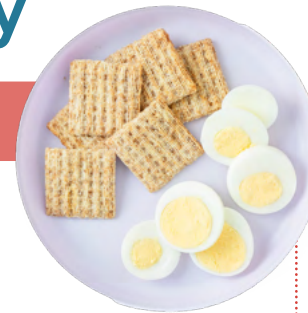
¼ cup black beans  
½ cup brown rice  
1 ounce beef, chopped  
½ cup butternut squash, cooked and cubed  
4-6 ounces water



## SNACKS

### SNACK 1

1 hard-boiled egg  
5-6 crackers  
½ cup 100% fruit juice



### SNACK 2

½ banana  
1 tablespoon peanut butter  
1 teaspoon chocolate chips  
½ cup of cherry tomatoes, cut in half



### SNACK 3

1 small zucchini bran muffin  
½ cup low-fat milk



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## Common amounts to offer at a meal or snack:

### VEGGIES

½ cup

### FRUITS

½ cup

### DAIRY FOODS

½ cup

### GRAINS

1 ounce

### PROTEIN FOODS

1 ounce

