



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.).

Serving Size = 1 ounce

Bread	1 slice
Bun, large bagel, English muffin	½
Crackers (whole grain)	5
Dry cereal (unsweetened), flakes	1 cup
Cooked cereal	½ cup
Cooked rice, pasta	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

Serving Size

Fresh/whole	1-2 cups
Cooked or canned	1 cup
Juice –100% fruit juice	4-6 oz
Dried fruit	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

Calcium Group—2 cups total per day; choose low-fat or fat-free.

Serving Size

Milk, yogurt	1 cup
Cheese, natural cheddar, string cheese	1 ½ oz
Salmon, canned	3 oz
Greens	½–1 cup
Almonds	1.5 oz

Protein Group—2 ounces total per day.

Serving Size

Meat, poultry, fish	1 oz
Dry beans and peas, cooked	¼ cup
Peanut butter	1 Tablespoon
Egg	1
Nuts or seeds	½ oz

- The calorie range for each age group varies depending on activity level. Ask your healthcare provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child, visit www.choosemyplate.gov.
 - General information on feeding kids – www.choosemyplate.gov/kids
 - Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbi.nih.gov/portion>
 - Get your kids to eat fruits and vegetables – www.fruitsandveggiesmatter.gov
 - For calcium-rich recipes – <http://www.nationaldairycouncil.org/Recipes/Pages/RecipeLanding.aspx>
 - Healthy school lunches, sleep and more – www.kidshealth.org
 - Ohio resources – www.healthyohioprogram.org
 - Keep your family moving – for kids: www.kidnetic.org; for parents: www.cdc.gov/nccphp/dnpha

