

Serving Sizes for your Child

For your toddler (1 to 2-year-old)

Fruits ¼ cup fresh, frozen or canned

Vegetables ¼ cup cooked, chopped or mashed

Proteins 1-2 tablespoons chopped meat or fish; ½ to 1 whole egg; 2-4 tablespoons cooked beans

Dairy 4 oz milk or yogurt; 2 tablespoons shredded cheese

Grains ¼ to ½ slice bread; small tortilla; ¼ to ½ cup cold or hot cereal, rice or pasta

For your older child (3 to 4-year-old)

Fruits 1 cup fresh, frozen or canned

Vegetables ½ cup cooked, chopped or mashed

Proteins 1 oz chopped meat or fish; 1 egg

Dairy 4 oz milk or yogurt

Grains ½ to 1 slice bread; 1 cup cold cereal

Tips about choices:

Choose fresh fruits and veggies when possible; dice or mash with a fork for easier to chewing and swallowing

Choose lean proteins such as chicken

Choose whole grains for at least half of the bread, cereal and pasta each day

Limit fruit and vegetable juice to a total of 4 oz 100% juice per day

Choose low-fat or skim milk for 2 to 4-year olds.