

Healthy Serving

sizes for 4-6 year olds

grain group ~ 6 servings

Bread	1 slice
Bun, bagels, muffins	1/2
Crackers	4-6
Dry cereal (unsweetened)	1/2 cup
Cooked cereal	1/2 cup
Rice, pasta	1/2 cup

fruit/vegetable group ~ 5 servings

Whole	1/2-1 small
Cooked, canned or chopped raw	1/2 cup
Juice ~limit 100% fruit juice to	4-6 oz./day

FRESH FRUITS* Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

FRUIT SMOOTHIES Blend yogurt, fruit, milk and 100% juice together.

VEGETABLES* Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

** Use caution when feeding these foods due to a possible choking problem.*

milk group ~ 3 servings

Low fat milk, yogurt	3/4 cup
Cheese	3/4 oz.

meat group ~ 2 servings

Lean meat, chicken, fish	1-3 T
Dry beans and peas	4-5 T
Peanut butter	1-2 T
Egg	1

fat group ~ 3-4 servings depending on calorie needs

Margarine, butter, oils, dressings, dips	1 tsp
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