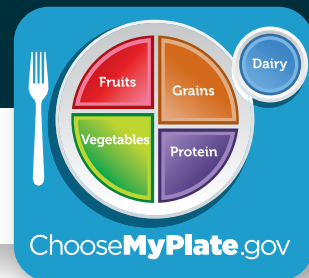


Size Up Your Serving

Name: _____ Age: _____



Dairy



Age range	Recommended daily servings	What is a serving size?
Ages 2-8	2-2½ cups	1 cup = 8 ounces yogurt 1 cup of milk 1½ ounces hard cheese ⅓ cup of shredded cheese
Ages 9-18	3 cups	
Ages 19+	3 cups	

Fruit



Age range	Recommended daily servings	What is a serving size?
Ages 2-8	1-1½ cups	½ cup = ½ cup 100% fruit juice ¼ cup of dried fruit ½ cup of strawberries 1 small apple 16 grapes
Ages 9-18	1½ -2 cups	
Ages 19+	1½ -2 cups	

Vegetables



Age range	Recommended daily servings	What is a serving size?
Ages 2-8	1-1½ cups	1 cup = 2 cups of raw leafy greens 1 cup of carrots 1 medium baked potato 3 spears of cooked broccoli
Ages 9-18	2-3 cups	
Ages 19+	2-3 cups	

Grains



Age range	Recommended daily servings	What is a serving size?
Ages 2-8	3-5 ounces	1 ounce = 1 slice of bread 1 cup of cereal ½ cup of cooked rice or pasta 5 whole wheat crackers
Ages 9-18	5-8 ounces	
Ages 19+	5-8 ounces	

Protein



Age range	Recommended daily servings	What is a serving size?
Ages 2-8	2-4 ounces	1 ounce = 1 egg ¼ cup of cooked beans ½ ounce of nuts or seeds 1 ounce of cooked poultry, fish or lean meat
Ages 9-18	5-6½ ounces	
Ages 19+	5-6½ ounces	



Size Up Your Serving

Choose Lowfat Or Fat-Free Dairy

1 cup
equivalent



8 ounces yogurt



1 1/2 ounces cheese



1/3 cup shredded cheese



1 cup milk

Focus On Fruits

1/2 cup
equivalent



1/2 cup 100% fruit juice



1 small apple



1/4 cup dried fruit



1/2 cup strawberries

Vary Your Veggies

1 cup
equivalent



2 cups raw, leafy greens



1 cup carrots



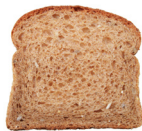
1 medium baked potato



3 spears cooked broccoli

Make Half Your Grains Whole

1 ounce
equivalent



1 slice bread



1/2 cup cooked rice



1 cup cereal



5 whole wheat crackers

Vary Your Protein Routine

1 ounce
equivalent



1 egg



1/4 cup cooked beans



1/2 ounce nuts or seeds



1 ounce cooked poultry,
fish or lean meat

Visualize Your Size



Palm
=
3 ounces



Fist
=
1 cup



Cupped hand
=
1/2 cup



Thumb
=
1 tablespoon