SERVING SIZES FOR 2 year olds

SNACK: Combine 2 food groups
- 1/4 cup of yogurt
- 4 ounces of unflavored milk or fortified soy beverage

MEAL: Combine 4 food groups
- 1/2 cup of whole-grain bread
- 1/2 cup of dry whole-grain cereal
- 3" pancake
- 1/4 cup of chicken breast
- 1 egg
- 7 cashews

VEGETABLES & FRUITS
- half an orange
- 3 broccoli florets
- 2-3 strawberries

GRAINS
- half a slice of whole-grain bread

DAIRY
- 1/2 cup of dry whole-grain cereal

PROTEIN
- 4 ounces of yogurt
- 1 slice of natural cheese
1/2 a banana
4-5 strawberries
5-6 broccoli florets
1/2 cup

3-4 year olds

1/2 - 3/4 cup

SNACK: Combine 2 food groups

VEGETABLES & FRUITS

1/2 cup

1/2 - 3/4 cup

GRAINS

1/2 ounce

MEAL: Combine 4 food groups

DAIRY

4-6 ounces of unflavored milk or fortified soy beverage
1/2 a banana
1/2 cup of dry whole-grain cereal
3" pancake

PROTEIN

1 1/2 tablespoons of nut butter
1 1/2 ounce

1/3 cup of chicken breast
1/3 cup beans

VEGETABLES

5-6 broccoli florets

4-6 ounces of chicken breast
1/3 cup of dry whole-grain cereal
3" pancake

FRUITS

4-5 strawberries

1 slice of natural cheese
4-6 ounces of yogurt

4-6 ounces of chicken breast
1/3 cup of chicken breast
1/3 cup beans
**SNACK:** Combine 2 food groups
- 1 medium banana
- 7-8 broccoli florets
- 1/2 large potato

**MEAL:** Combine 4 food groups
- 1 slice of whole-grain bread
- 1/2 of a whole-grain bagel
- 1 cup of brown rice
- 1/2 cup of tofu

**VEGETABLES & FRUITS**
- 3/4 cup

**GRAINS**
- 1 ounce

**DAIRY**
- 1 cup

**PROTEIN**
- 2 ounces

**SERVING SIZES FOR 5-8 year olds**
- 6-8 ounces of unflavored milk or fortified soy beverage
- About 3 1-inch cubes of natural cheese
- 2 eggs
- 6-8 ounces of yogurt

**VEGETABLES & FRUITS**
- 7-8 broccoli florets

**GRAINS**
- 1 slice of whole-grain bread

**DAIRY**
- 1/2 cup of tofu

**PROTEIN**
- 1/2 cup of chicken breast