

HPA Food Guide - Ages 1 - 10

For good health and growth, your children need to eat a variety of foods. Fruits and vegetables are especially important. Health experts recommend that we eat at least five servings of fruits and vegetables every day to live a healthier life and reduce the risk of cancer and other diseases. Help get your children hooked on this habit early by offering a variety of choices throughout the day. The recommendation below outlines what your child needs for a balanced diet that provides the right amount of calories and nutrients.

The five food groups and typical minimum servings:

- **Vegetables:** 3-5 servings per day. A serving may consist of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped raw or cooked.
- **Fruits:** 2-4 servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.
- **Bread, cereal, or pasta:** 6-11 servings per day. Each serving should equal 1 slice of bread, 1/2 cup of rice or pasta, or 1 ounce of cereal.
- **Protein foods:** 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.
- **Dairy products:** 2-3 servings per day of 1 cup of low-fat milk or yogurt, or 1 1/2 ounces of natural cheese.

Use Your Eyes to Measure a Serving Size

1/2 cup pasta, rice or cereal	=	computer mouse
1 pancake or waffle	=	a four inch CD
1 muffin	=	large egg
1 medium fruit	=	tennis ball
1/2 cup fruit/vegetable	=	small fist
3 oz meat	=	deck of cards
3 oz fish	=	checkbook
2 tbsp peanut butter	=	golf ball
1 oz cheese	=	match box
1 tsp butter or margarine	=	thumb tip

Reference: Healthychildren.org
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