

Portion Control is central to healthy eating. Portions, or serving sizes, differ by age. This is because young children do not need as many Calories, or food, as an adult. Use the chart below, as a quick guide to be sure you are serving up proper portions!

Food Group	Servings per Day	1-3 years	4-5 years	6-12 years	12+ years
Milk	2-3				
Milk		4 oz	6 oz	8 oz	8 oz
Cheese		½ oz	1 oz	1 oz	1.5 oz
Yogurt		4 oz	6 oz	6 oz	6 oz
Vegetables	3-5				
Cooked		¼ Cup	¼-½ Cup	½ Cup	½ Cup
Raw		½ Cup	½ Cup	1 Cup	1 Cup
Fruit	2-4				
Raw		½ Small	1 Small	½ Medium	1 Medium
Canned		¼ Cup	½ Cup	½ Cup	½ Cup
Juice, 100%		3 oz	4 oz	4 oz	4 oz
Grains	5 or less				
Bread		½ Slice	1 Slice	1 Slice	1 Slice
Pasta, Rice, Hot Cereal, cooked		¼ Cup	1/3 Cup	½ Cup	½ Cup
Cold Cereal		½ Cup	1 Cup	1 Cup	1 Cup
Crackers		2-3	4-6	6	6
Meat & Beans	2-3				
Beef & Poultry		1-2 oz	2 oz	2-3 oz	3 oz
Fish		1-2 oz	1-2 oz	3-4 oz	5-6 oz
Eggs		½	1	1	1
Peanut Butter		1 Tbsp	1-2 Tbsp	2 Tbsp	2 Tbsp
Beans		¼ Cup	¼-½ Cup	½ Cup	½ Cup

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500**. Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**. You can also visit our website at www.uwhealth.org/nutrition. Produced by the Clinical Nutrition Services Department 2/2019.