

Give your kids the right amount of food.

How much a child should eat depends on their age. This chart shows how much children should eat each day based on how old they are:

Food	6-10 years old	11 to 13 years old	14 to 18 years old
Fruits	1 to 1½ cups	1½ to 2 cups	1½ to 2 cups
Vegetables	1½ to 2 cups	2 to 2½ cups	2½ to 3 cups
Grains	5 to 6 ounces	6 to 7 ounces	6 to 7 ounces
Dairy: low or non-fat	2 to 3 cups	3 cups	3 cups
Lean meats, fish, chicken, beans, legumes or eggs	4 to 5 ounces	5 to 6 ounces	5 to 6 ounces

How much is a cup of fruits or vegetables?

- » A cup is about the size of a baseball. Many oranges, apples and peaches are this size.
- » For vegetables, it's good to remember that two cups of raw vegetables will cook down to about a cup.



How much is a cup of dairy?

One cup of dairy equals:

- » 1 cup of low fat or non-fat milk or yogurt – the size of a baseball
- » 1½ ounces of cheese – 4 dice-sized pieces



What foods have an ounce of grain?

- » 1 slice of whole grain bread
- » ½ cup whole grain or enriched pasta or rice (You can tell it's enriched because it will say "enriched" on the front of the box or bag.)
- » 1 cup of whole grain cold cereal or ½ cup enriched cooked cereal



How much is an ounce of meat and other protein?

- » 3 ounces of meat or fish is as big as a deck of playing cards.



Instead of meat, you can also feed your child:

- » 1 egg
- » 1-2 tablespoons peanut butter
- » ¼ cup cooked lentils or beans, navy beans or kidney beans

