

Easy Serving Size Guide for Children Ages 6 and Up

Follow these USDA guidelines for balance of the food groups in your daily intake to meet your nutrient needs

Food Group	Key Tip	Recommended Amounts	What counts as a serving?
Fruits	Enjoy more fresh fruit than fruit juice to get the benefits of fiber	1 ½ to 2 servings per day	1 cup of cut-up fresh fruit 8 large strawberries 1 medium banana 1 small or ½ large apple 2 large plums 1 medium orange 2 clementines
Vegetables	Eat a variety of different colored vegetables to get all your vitamins and minerals	2 ½ to 3 servings per day	1 cup raw vegetables 2 cups raw leafy greens ½ cup cooked vegetables
Dairy	Choose non-fat or low-fat dairy most of the time	3 servings per day	1 cup of milk 1 cup of yogurt 1 oz hard cheese ¼ cup shredded cheese ½ cup ricotta cheese
Protein	Go lean with protein choose lower fat protein foods (poultry, fish, beans) more often	5 to 6 oz-equivalents per day	1 oz meat, poultry, or fish 1 sandwich slice of deli meat ¼ cup dry beans, cooked 1 egg 1 Tbsp of nut butter ½ oz (2 Tbsp) nuts or seeds ¼ cup tofu 2 Tbsp hummus
Grains	Make (at least) half your grains whole	5-8 grain servings per day	1 regular slice of bread 5 whole wheat crackers ½ English muffin or 1 mini bagel ½ cup cooked oatmeal or pack of instant oatmeal 4 ½ diameter pancake 1 cup ready-to-eat cereal ½ cup cooked rice or pasta 6" flour or corn tortilla
Fats and Oils	Choose good fat – olive oil, canola oil, olives, nuts, seeds, and avocados	6-12 servings per day	1 tsp mayonnaise 1 tsp margarine or butter 1 Tbsp regular salad dressing 2 Tbsp light salad dressing 1/2 Tbsp peanut butter 2 Tbsp avocado 10 large olives