

Healthy Eating For Children

The following is a guide to healthy eating. Every child is different and so some children will eat less than the amount of foods listed below and some children will eat more. The most important point is to make sure your child eats from each food group adequately and doesn't primarily consume one food group to the sacrifice of another.

Age 1-3

1. Grains—6 servings per day recommended. These each represent one serving: ½ slice of bread; ¼ cup cooked cereal, rice or pasta; 1/3 cup dry cereal; 2-3 crackers.
2. Vegetables—2 to 3 servings per day recommended. These each represent one serving: ¼ cup of cooked vegetables.
3. Fruits—2 to 3 servings per day recommended. These each represent one serving: ¼ cup canned fruit; ½ of a fresh fruit; ¼ cup of juice.
4. Dairy—2 to 3 servings per day recommended. These each represent one serving: ½ cup milk; ½ ounce of cheese; 1/3 cup of yogurt.
5. Meats and other proteins—2 servings a day. These each represent one serving: 1 ounce of meat, fish or poultry; ¼ cup of beans; ½ egg.

Age 4-6

1. Grains—6 servings per day recommended. These each represent one serving: ½ slice of bread; 1/3 cup cooked cereal, rice or pasta; ½ cup dry cereal; 3-4 crackers.
2. Vegetables—2 to 3 servings per day recommended. These each represent one serving: ¼ cup of cooked vegetables; ½ cup salad.
3. Fruits—2 to 3 servings per day recommended. These each represent one serving: ¼ cup canned fruit; ½ of a fresh fruit; 1/3 cup of juice.
6. Dairy—2 to 3 servings per day recommended. These each represent one serving: ¾ cup milk; 1 ounce of cheese; ½ cup of yogurt.
7. Meats and other proteins—2 servings a day. These each represent one serving: 1 ounce of meat, fish or poultry; 1/3 cup of beans; 1 egg.

Age 7-10

1. Grains—6 servings per day recommended. These each represent one serving: 1 slice of bread; ½ cup cooked cereal, rice or pasta; ¾ to 1 cup dry cereal; 4 crackers.
2. Vegetables—2 to 3 servings per day recommended. These each represent one serving: ½ cup of cooked vegetables; 1 cup salad.
3. Fruits—2 to 3 servings per day recommended. These each represent one serving: 1/3 cup canned fruit; 1 of a fresh fruit; ½ cup of juice.
4. Dairy—2 to 3 servings per day recommended. These each represent one serving: 1 cup milk; 1 ounce of cheese; ¾ to 1 cup of yogurt.
5. Meats and other proteins—2 servings a day. These each represent one serving: 2 ounces of meat, fish or poultry; ½ cup of beans; 1 or 2 eggs.