Healthy Portions for Preschoolers in Each Food Group

A collaborative effort of:

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What is a healthy portion?

Having a healthy appetite is an important part of being a healthy eater. Preschoolers need to eat a variety of different types of foods daily:

- **Fruits**: 1 ½ cups
- **Vegetables**: 1 ½ cups
- **Grains**: 5 ounces
- **Dairy**: 2 ½ cups
- **Protein**: 4 ounces

**What is a healthy portion for meals and snacks?**

There are many different ways that preschoolers can meet these recommendations. The pictures in this guide show healthy preshooler portions for the food groups that preschoolers need every day. Offer these healthy portion sizes to help preschoolers consume the amount needed daily.*

*Based on a 1400 calorie needs of an active 3-5 year old. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more info.*
Preschoolers need three 1/2 cup portions of fruit each day*.

Each food shows a 1/2 cup portion.

* Based on a 1400 calorie needs of an active 3-5 yr old.
Preschoolers need three 1/2 cup portions of vegetables a day*

*Based on a 1400 calorie needs of an active 3-5 yr old.

Each food shows a 1/2 cup portion
Grains

Preschoolers need five 1 ounce portions of grains each day*

1 slice bread
1/2 c rice
1 c cereal
3/4 c crackers

Each food shows a 1 ounce portion

* Based on a 1400 calorie needs of an active 3-5 yr old.
Dairy

Preschoolers need five 1/2 cup portions of dairy a day*

1/2 c

1/2 c

1/2 c

Each glass shows a 1/2 cup portion

*Based on a 1400 calorie need of an active 3-5 yr old.
Preschoolers need five 1 ounce portions of proteins a day.*

*Based on a 1400 calorie needs of an active 3-5 yr old.
The daily servings shown from each food group are based on the 1400 kcal needs of a moderately active 3- to 5-year-old child (www.ChooseMyPlate.gov).
- Actual needs vary from child to child, based on weight, gender, age, and activity.

There are many different ways that preschoolers can meet the amount needed daily from each food group. This guide provides examples of portion sizes that can be used to help children consume the recommended daily amount from each food group (www.choosemyplate.gov) and generally follow the USDA's Child and Adult Care Food Program portion size guidelines for children 3 to 5 years of age (www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm).

The “adult” plates shown have 10 inch diameters and represent a common size of dinner plates in dishware sets.

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