

Portion Sizes: WHAT ARE THE SUGGESTED AMOUNTS?

You do not need to worry about your child finishing all of the food on their plate. Healthy eating patterns happen over time. The goal is to offer children a variety of foods from each food group every day.

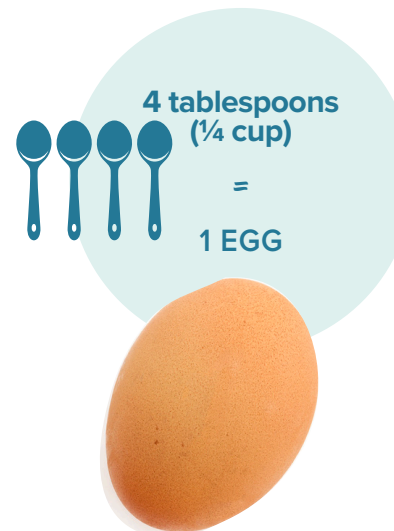
Aim to include at least 3 food groups at each meal and at least 2 food groups at each snack. Your child's appetite will change from day to day. That is okay.

SUGGESTED AMOUNTS TO OFFER EACH DAY			
	2 years old	3 years old	4 years old
Vegetables	1 cup	1 ½ cups	1 ½ - 2 cups
Fruit	1 cup	1 - 1 ½ cups	1 - 1 ½ cups
Grains	6 tablespoons	8 - 10 tablespoons	8 - 10 tablespoons
Protein	4 tablespoons	6 - 8 tablespoons	6 - 10 tablespoons
Dairy	2 cups	2 cups	2 ½ cups



Serving sizes come in **tablespoons** and **cups**.

These are a few mental images you can use to help with serving sizes.



Portion Sizes: HOW MUCH FOOD IS ENOUGH?

EXAMPLE MEALS FOR A 3-YEAR-OLD

BREAKFAST IDEAS

- ½ boiled egg, 8 blueberries and 2 tablespoons square cereal
- 1 slice toast, 2 tablespoons peanut butter and ½ banana
- 4 strawberries and ½ cup yogurt, with 2 tablespoons cereal flakes



SNACK IDEAS

- 2 tablespoons cucumber, 1 tablespoon ranch dressing, 4 crackers
- 6 small whole grain crackers, 1 tablespoon peanut butter
- 1 string cheese, ½ orange

LUNCH IDEAS

- 2 tablespoons pasta with sauce, 2 small meatballs, 2 tablespoons peas
- ½ peanut butter and jelly sandwich, 3 baby carrots
- 1 slice of bread, 2 tablespoons canned tuna, 2 tablespoons bell pepper

DINNER IDEAS

- ¼ cup lasagna, 2 tablespoons broccoli
- ½ tortilla, 2 tablespoons lettuce, 2 tablespoons shredded chicken
- 1 tablespoon beans, 2 tablespoons brown rice, 2 tablespoons chopped steak, 2-3 green beans



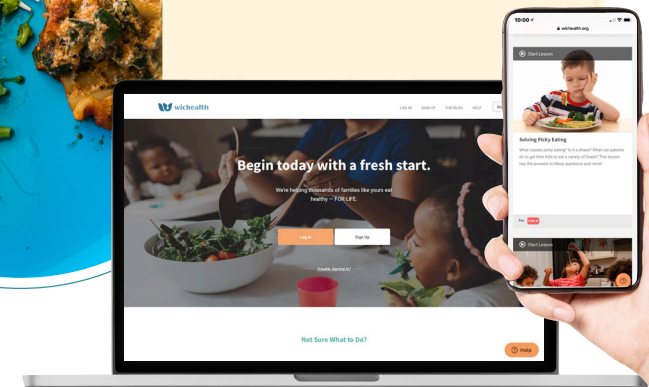
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Take This Lesson to Learn:

- Parent roles and child roles at mealtimes.
- Ideas to help the whole family enjoy the same meal.
- Answers to common questions about mealtime struggles.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:
Feeding Your 2 To 5-Year-Old
- Choose the lesson:
Solving Picky Eating



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