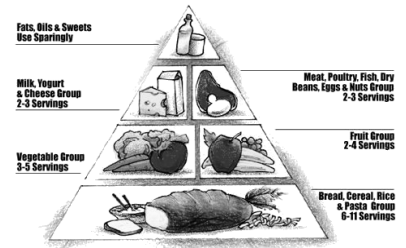


## Portion Sizes and School-Age Children



# Food Guide Pyramid Serving Sizes

The USDA Food Guide Pyramid provides serving size recommendations to guide people in selecting their daily intake.

| <b>How many servings do you need each day?</b>  |   |   |   |
|---|---|---|---|
| <b>What counts as a serving?</b>  | <b>Children ages 2 to 6, women, some older adults (1600 calories)</b> | <b>Older children, teen girls, active women, most men (2200 calories)</b> | <b>Teen boys and active men (2800 calories)</b> |
| <b>Grains Group (Bread, Cereal, Rice, and Pasta) - especially whole grain</b> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>about 1 cup of ready-to-eat cereal</li> <li><math>\frac{1}{2}</math> cup of cooked cereal, rice or pasta</li> </ul>  | <b>6</b>  | <b>9</b>  | <b>11</b>                                       |
| <b>Vegetable Group</b> <ul style="list-style-type: none"> <li>1 cup of raw leafy vegetables</li> <li><math>\frac{1}{2}</math> cup of other vegetables - cooked or raw</li> <li><math>\frac{3}{4}</math> cup of vegetable juice</li> </ul>   | <b>3</b>  | <b>4</b>  | <b>5</b>  |
| <b>Fruit Group</b> <ul style="list-style-type: none"> <li>1 medium apple, banana, orange, pear</li> <li><math>\frac{1}{2}</math> cup of chopped, cooked, or canned fruit</li> <li><math>\frac{3}{4}</math> cup of fruit juice</li> </ul>  | <b>2</b>  | <b>3</b>  | <b>4</b>  |
| <b>Milk, Yogurt and Cheese Group - preferably fat free or low fat</b> <ul style="list-style-type: none"> <li>1 cup of milk** or yogurt</li> <li><math>1\frac{1}{2}</math> ounces of natural cheese (such as Cheddar)</li> <li>2 ounces of processed cheese (such as American)</li> </ul>  | <b>2 or 3*</b>  | <b>2 or 3*</b>  | <b>2 or 3*</b>                                  |
| <b>Meat and Beans Group (Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts) - preferably lean or low fat</b> <ul style="list-style-type: none"> <li>2-3 ounces of cooked lean meat, poultry or fish</li> </ul> <p>These count as 1 ounce of meat:</p> <ul style="list-style-type: none"> <li><math>\frac{1}{2}</math> cup of cooked dry beans or tofu</li> <li><math>2\frac{1}{2}</math> ounce soyburger</li> <li>1 egg</li> <li>2 tablespoons of peanut butter</li> <li><math>\frac{1}{3}</math> cup of nuts</li> </ul> | <b>2, for a total of 5 ounces</b>                                     | <b>2, for a total of 6 ounces</b>   | <b>3, for a total of 7 ounces</b>               |
| <p>*Older children and teens ages 9 to 18 years and adults over age 50 need 3 servings daily. Others need 2 servings daily.</p> <p>** This includes lactose-free and lactose-reduced milk products. Soy-based beverages with added calcium are an option for those who prefer a non-dairy source of calcium.</p>  |   |   |   |