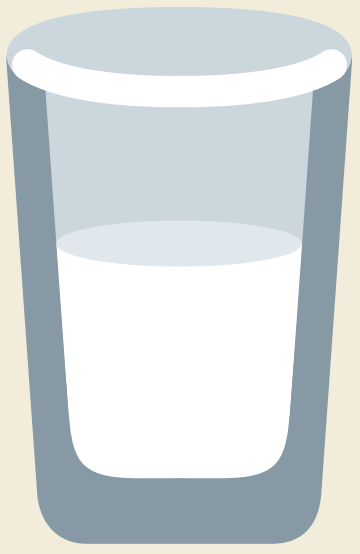


TODDLER PORTION SIZE GUIDE

DAIRY



Milk 1/2 cup

1/2 of an adult fist
4 ounces



Yogurt 1/2 cup

snack size container
4 ounces



Cheese 1/2 ounce

size of one die
slice of cheese

MEAT AND OTHER PROTEIN

Meat

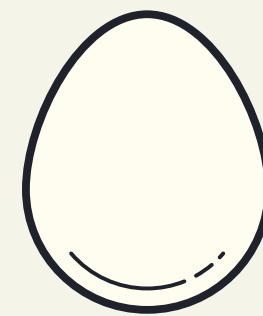


1 to 3 Tablespoons beef, pork, chicken,
turkey, or fish

Beans or chopped nuts



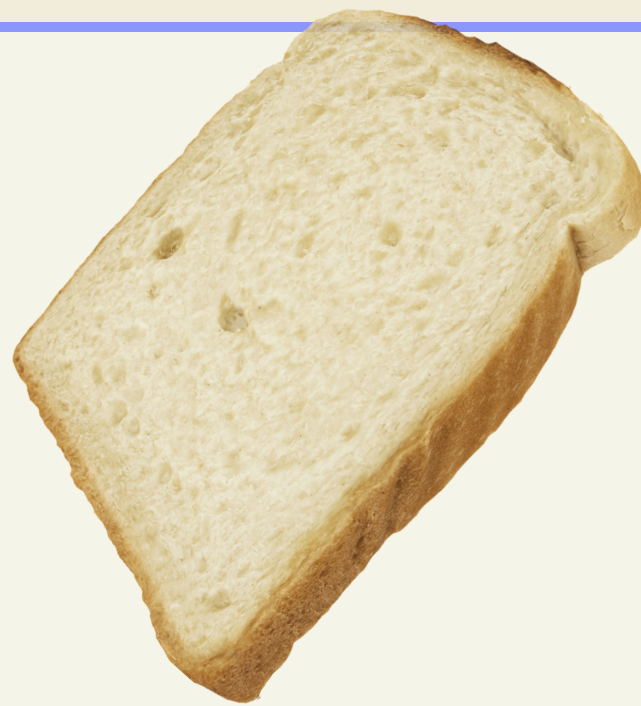
1 to 4 Tablespoons beans or chopped nuts



Egg

1 small egg

GRAINS



1/4 or 1/2 slice of bread, bun, or a bagel
1/3 cup or 1/2 cup cereal
1/4 cup or 1/2 cup oatmeal or hot cereal
1/4 cup or 1/3 cup rice or pasta

FRUITS AND VEGETABLES



1/4 cup or 1/3 cup cooked, canned, or
fresh chopped vegetables

1/2 small fruit (Size of a tennis ball)

1/4 cup or 1/3 cup cooked, canned, or
fresh chopped fruit

1/3 cup or 1/2 cup berries

