

Kid-Size Food Portions

Ages 9-13 (girls)

Grains: 5 ounces

- _____
- _____
- _____
- _____
- _____
- _____

Examples of 1 ounce of grains:

- 5 whole wheat crackers
- ½ English muffin
- ½ cup cooked oatmeal
- 1 cup breakfast cereal
- ½ cup cooked rice

Notes:

Vegetables: 2 cups

- _____
- _____

Examples of 1 cup of vegetables:

- 2 cups of salad greens
- 12 baby carrots
- 1 medium (2 ½ to 3 inches in diameter) potato
- 2 large stalks of celery

Notes:

Fruit: 1 ½ cups

- _____
- _____

Examples of 1 cup of fruit:

- ½ large (3.25 inches in diameter) apple
- 32 seedless grapes
- 1 large (8-9 inch long) banana
- 8 large strawberries
- 2 large plums
- 1 small wedge (1 inch thick) watermelon

Notes:

Milk: 3 cups

- _____
- _____
- _____

Examples of 1 cup of milk:

- 8 oz container of yogurt
- 1 ½ oz of hard cheese
- 2 cups cottage cheese
- 1 ½ cups ice cream
- 3 slices processed cheese

Notes:

Meat and Beans: 5 ounces

- _____
- _____
- _____
- _____
- _____

Examples of 1 ounce of meat or beans:

- 1 egg
- 1 Tbsp of peanut butter
- ½ ounce of nuts or seeds
- ¼ cup baked beans

Notes:

Oils: 5 teaspoons

- _____
- _____
- _____
- _____
- _____

Examples of 1 tsp of oil:

- ½ Tbsp of peanut butter
- 1 Tbsp of mayonnaise
- 1 Tbsp of Italian dressing

Notes:

Note: In addition to the food groups above, "treats" fall into the My Pyramid "discretionary calorie" category—that is extra sugars and fats you can get away with. Read more about discretionary calories in the Kid-Size Food Portions Guide in the Kaboose.com Healthy Kids section.

**Any significant changes to your diet should be checked with your doctor.