



# Food Serving Sizes for Children 6 to 12 Years

How many each day?	What is ONE serving for a child six years and over?		
<b>Grains</b> 5 to 12 servings per day	Pasta or rice 125 ml (1/2 c) = 1/2 baseball	Cold cereal 175 mL (3/4 c) = 1 tennis ball	Bagel 1/2 large bagel = 1 hockey puck
<b>Vegetables and Fruits</b> 5 to 10 servings per day	1 medium fresh fruit or vegetable = 1 baseball	Fruit juice 125 mL (1/2 c) Maximum 250 mL (1 c) per day	Cooked vegetables 125 ml (1/2 c) = 1/2 baseball
<b>Milk Products*</b> 2 to 4 servings per day	Milk 250 mL (1 c)	Cheese 50 g (2 oz) = 2 - 9 volt batteries	Yogourt 175 g (3/4 c) = 1 tennis ball
<b>Meat and Alternatives</b> 2 to 3 servings per day	Depending on the age of the child, one serving will range from: Meat, fish poultry 50 g (2 oz) = 1/2 a deck of cards to 100 g (4 oz) = 1 deck of cards		Peanut butter 30 mL (2 Tbsp) = 2 walnuts
	Tofu 100 g (1/3 c) = 1/2 tennis ball	Depending on the age of the child, one serving will range from: Beans or lentils 125 mL = 1/2 baseball to 250 mL = 1 baseball	

Serving sizes show common amounts to offer children 6 to 12 years. Children may eat more or less at meals or snacks. As children grow older, serving sizes and numbers of servings will increase. Enjoy a variety of foods.

\* Milk and Milk Products: Children 6 to 12 years need 3 to 4 servings.

