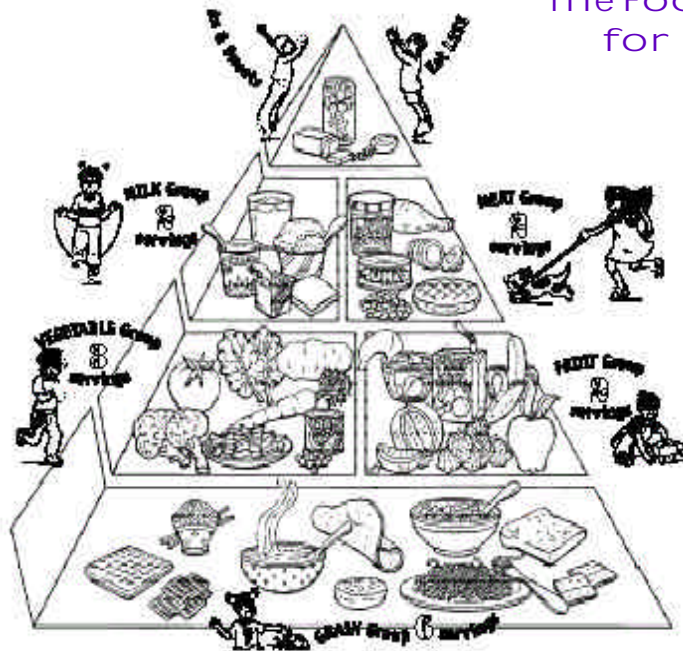


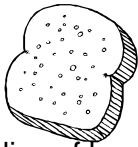
Serving Sizes

Eating foods from the **Food Guide Pyramid** and being active will help you grow healthy and strong.

The Food Guide Pyramid
for Young Children
Ages 2-6



GRAINS



1 slice of bread

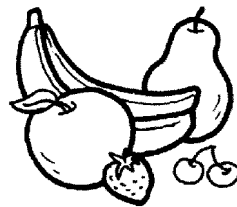


½ cup cooked pasta or rice
(Size of a small fist)



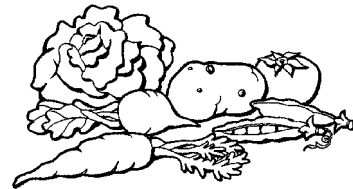
1 ounce of ready to eat cereal
(Size of a tennis ball)

FRUITS



1 medium piece of fruit
(Size of a tennis ball)

VEGETABLES



1 cup raw vegetables OR
½ cup cooked vegetables
(Size of a small fist)

MEAT



2-3 oz. of lean meat
(Size of a deck of cards)



2 Tbsp. of peanut butter
(Size of a golf ball)



1 oz. of cheese
(Size of your thumb)

MILK



1 cup of milk