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Kids And Portion Size

Posted by [susiebloom](#) on January 25, 2012 in [Health](#) | [0 comments](#)

Breakfast

1 to 3 Years

½ slice whole wheat English muffin
With peanut butter or scrambled egg

¼ banana or ¼ cup berries
½ cup whole milk

4 and 5 Years

½ slice whole wheat English muffin
with peanut butter or scrambled egg

½ banana or ½ cup berries
¾ cup 1% or skim milk

6+ Years

1 whole wheat English muffin
with peanut butter or scrambled
egg

1 banana and ½ cup berries
1 cup 1% or skim milk

Lunch

1 to 3 Years

¼ - ½ sandwich on whole wheat bread

Examples of sandwiches include Pb and J, tuna salad, or deli meat and cheese

¼ cup thinly sliced raw veggies or apple
½ small whole grain cookie
½ cup whole milk

4 and 5 Years

½ sandwich on whole wheat bread

Examples of sandwiches include Pb and J, tuna salad, or deli meat and cheese

½ cup sliced raw veggies or apple
1 small whole grain cookie
¾ cup 1% or skim milk

6+ Years

1 sandwich on whole wheat bread

½ cup sliced raw veggies or apple
1 small whole grain cookie
1 cup 1% or skim milk

Dinner

1 to 3 Years

¾ oz. grilled chicken (¼ deck of cards)

2 Tbsp. brown rice
½ cup sliced tomato and cucumbers
¼ cup steamed broccoli
½ cup whole milk

4 and 5 Years

2 oz. grilled chicken (¼ deck of cards)

¾ cup brown rice
½ cup green salad
¼ cup steamed broccoli
¾ cup 1% or skim milk

6+ Years

3 oz. grilled chicken (a deck of
cards)

½ cup brown rice
1 cup green salad
¼ cup steamed broccoli
1 cup 1% or skim milk

Morning Snack

1 to 3 Years

3 Whole grain crackers with sliced cheese

4 and 5 Years

6 whole grain crackers with sliced cheese

6+ Years

10 whole grain crackers with sliced
cheese

Afternoon Snack

1 to 3 Years

¼ cup yogurt
3 honey whole wheat pretzel sticks

4 and 5 Years

½ cup yogurt
6 honey whole wheat pretzel sticks

6+ Years

1 cup yogurt
10 honey whole wheat pretzel stick
sticks

Dessert

1 to 3 Years

1/3 cup apple crisp with a dollop of yogurt

4 and 5 Years

½ cup apple crisp with a dollop of yogurt

6+ Years

1 cup apple crisp with a dollop
of yogurt