### Dairy

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
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</table>
| Ages 2-8  | 2-2½ cups                 | 1 cup = 8 ounces yogurt  
|           |                           | 1 cup of milk           
|           |                           | 1½ ounces hard cheese   
|           |                           | ½ cup of shredded cheese |
| Ages 9-18 | 3 cups                    |                        |
| Ages 19+  | 3 cups                    |                        |

### Fruit

<table>
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| Ages 2-8  | 1-1½ cups                 | ½ cup = ½ cup 100% fruit juice  
|           |                           | ¼ cup of dried fruit   
|           |                           | ½ cup of strawberries  
|           |                           | 1 small apple          
|           |                           | 16 grapes              |
| Ages 9-18 | 1½ - 2 cups               |                        |
| Ages 19+  | 1½ - 2 cups               |                        |

### Vegetables

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| Ages 2-8  | 1-1½ cups                 | 1 cup = 2 cups of raw leafy greens  
|           |                           | 1 cup of carrots        
|           |                           | 1 medium baked potato   
|           |                           | 3 spears of cooked broccoli |
| Ages 9-18 | 2-3 cups                  |                        |
| Ages 19+  | 2-3 cups                  |                        |

### Grains

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| Ages 2-8  | 3-5 ounces                | 1 ounce = 1 slice of bread  
|           |                           | 1 cup of cereal          
|           |                           | ½ cup of cooked rice or pasta |
|           |                           | 5 whole wheat crackers  |
| Ages 9-18 | 5-8 ounces                |                        |
| Ages 19+  | 5-8 ounces                |                        |

### Protein

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| Ages 2-8  | 2-4 ounces                | 1 ounce = 1 egg        
|           |                           | ¼ cup of cooked beans   
|           |                           | ½ ounce of nuts or seeds|
|           |                           | 1 ounce of cooked poultry, fish or lean meat |
| Ages 9-18 | 5-6½ ounces               |                        |
| Ages 19+  | 5-6½ ounces               |                        |
Size Up Your Serving

Choose Lowfat Or Fat-Free Dairy

1 cup equivalent
- 8 ounces yogurt
- 1½ ounces cheese
- ½ cup shredded cheese
- 1 cup milk

Focus On Fruits

½ cup equivalent
- ½ cup 100% fruit juice
- 1 small apple
- ¼ cup dried fruit
- ½ cup strawberries

Vary Your Veggies

1 cup equivalent
- 2 cups raw, leafy greens
- 1 cup carrots
- 1 medium baked potato
- 3 spears cooked broccoli

Make Half Your Grains Whole

1 ounce equivalent
- 1 slice bread
- ½ cup cooked rice
- 1 cup cereal
- 5 whole wheat crackers

Vary Your Protein Routine

1 ounce equivalent
- 1 egg
- ¼ cup cooked beans
- ½ ounce nuts or seeds
- 1 ounce cooked poultry, fish or lean meat

Visualize Your Size

Palm = 3 ounces
Fist = 1 cup
Cupped hand = ½ cup
Thumb = 1 tablespoon