

## Cornerstone Medical Group

Food	Age		Age		Age		Comments
	2 to 3	4 to 6	4 to 6	7 to 12	7 to 12	7 to 12	
	Portion Size	Servings	Portion Size	Servings	Portion Size	Servings	
Milk and Dairy	$\frac{1}{2}$ cup (4 oz)	4-5 16-20 oz total	$\frac{1}{2}$ - $\frac{3}{4}$ cup (4-6 oz)	3-4 24-32 oz total	$\frac{1}{2}$ -1 cup (4-8 oz)	3-4 24-32 oz total	The following may be substituted for $\frac{1}{2}$ C fluid milk: $\frac{1}{2}$ C plain yogurt or $2\frac{1}{2}$ tbsp nonfat dry milk
Meat, fish, poultry, or equivalent	1-2 oz	2 2-4 oz total	1-2 oz	2 2-4 oz total	2 oz	3-4 6-8 oz total	The following may be substituted for 1 oz meat, fish, or poultry: 1 egg, 1 oz cheese, 2 tbsp peanut butter, 4-5 tbsp cooked legumes
Vegetables cooked	2-3 tbsp Few pieces	2-3	3-4 tbsp Few pieces	2-3	$\frac{1}{4}$ - $\frac{1}{2}$ C Several pieces	2-3	Include one green leafy or yellow vegetable for vitamin A, such as carrots, spinach, broccoli, or greens
Fruit	$\frac{1}{2}$ - 1 small 2-4 tbsp 3-4 oz	2-3	$\frac{1}{2}$ - 1 small 4-6 tbsp 4 oz	2-3	1 medium $\frac{1}{4}$ - $\frac{1}{2}$ C 4 oz	2-3	Include one vitamin C-rich fruit, vegetable, or juice, such as citrus juices, orange, grapefruit, strawberries, melon, tomato, or broccoli
Grains (whole grain or enriched breads and cereals)	$\frac{1}{2}$ - 1 slice $\frac{1}{4}$ - $\frac{1}{2}$ C $\frac{1}{2}$ - 1 C	3-4	1 slice $\frac{1}{2}$ C 1 C	3-4	1 slice $\frac{1}{2}$ - 1 C 1 C	4-5	The following may be substituted for 1 slice of bread: $\frac{1}{2}$ c spaghetti, macaroni, noodles, or rice; 5 saltines; $\frac{1}{2}$ English muffin or bagel; 1 tortilla; corn grits

Adapted from Lowenber ME. Development patterns in your children. In: Pipes PL, Trahms CM, eds. Nutrition Infancy and Childhood. 5<sup>th</sup> ed. St Louis, MO: Mosby-Year Book; 1993:168-169.