

## Starter Portions for Kids, by age

Foods	2-3 years	4-6 years	6-9 years	10-12 years	13-18 years
<b>Grains</b>					
Bread, Bagel	¼ - 1/2	1 slice, ½	1 slice, ½	1 slice, ½	1 slice, ½
Cold cereal	½ cup	½-1 cup	1 cup	1 cup	1 cup
Cooked cereal Pasta, rice	¼ - ½ cup	½ cup	½ cup	½ cup	½ cup
Crackers	2 - 3	4 - 6	5 - 7	5 - 7	5 - 7
<b>Fruits</b>					
Whole, fresh	½-1 small	½ - 1 small	½ - 1 cup, 1 medium	1 cup, 1 medium	1 cup, 1 medium
Cooked/canned,	1/3 cup	½ cup	½ - 1 cup	1 cup	1 cup
Dried Juice	¼ - 1/3 cup	2 Tbsp. ½ cup	¼ cup ½ cup	¼ cup ½ cup	¼ cup ½ cup
<b>Vegetables</b>					
Whole, fresh Raw, leafy greens	½ small ¼ - ½ cup	½ - 1 small ½ - 1 cup	½ - 1 cup 1 cup	1 cup 1 - 2 cup	1 cup 1 - 2 cup
Cooked/canned	2-3 Tbsp.	¼ - ½ cup	½-1 cup	½-1 cup	½-1 cup
Juice	¼ - 1/3 cup	1/3 - ½ cup	½ cup	½ cup	½ cup
<b>Dairy/Non-Dairy</b>					
Milk or Yogurt	½- ¾ cup	½ - 1 cup	¾ - 1 cup	¾ - 1 cup	1 cup
Cheese	½ ounce	¾ ounce	1 - 1 ½ ounce	1 ½ ounce 1/3 c. shred	1 ½ ounce 1/3 c. shred
<b>Protein</b>					
Beef, poultry, fish	1-2 Tbsp.	1-2 Tbsp.	2 ounce	3 ounce	3 ounce
Beans	1-2 Tbsp.	2-3 Tbsp.	¼ cup cooked	¼ cup cooked	¼ cup cooked
Nuts, seeds Nut butter	¼ oz. 1 - 2 tsp.	¼ - ½ oz. 2 - 3 tsp.	½ ounce 1 Tbsp.	½ ounce 1 Tbsp.	½ ounce 1 Tbsp.

Egg	½ - 1	1	1	1	1
<b>Fats</b>					
Butter, margarine	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Oil	1 tsp.	1 tsp.	1 tsp.	1 tsp.	1 tsp.
Salad dressing Mayonnaise	1-2 tsp.	½ - 1 Tbsp.	1 Tbsp.	1-2 Tbsp.	1-2 Tbsp.

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