

How can you tell if your Toddler is eating enough or maybe too much?

Your child is probably eating enough if she is full of energy, is growing and seems healthy. Your child knows how much to eat. She will probably eat the right amount of food if not forced or bribed. *Healthy children usually eat when they're hungry and stop eating when they are full.*

You can help your child by doing the following:

- **You Decide** what foods to offer. Offer healthy food choices most of the time and plan regular meal/snack times.
- **Let your child choose** from the healthy food choices that are offered. **Let your child decide** how much or even whether to eat.

Following this advice is a challenge! To help with this challenge, we're also offering some guidelines to give you an idea of where to start with portion sizes—suggestions on amounts of food to offer your child. **These are only guidelines, but they are a good beginning.**

	Child age 1-2	Child age 3-5	Adult
Grains			
Bread	1/2 slice	1/2 slice	1 slice
Cereal, cooked	1/4 cup, cooked	1/4 cup, cooked	1/2 cup, cooked
Cereal, dry	1/4 cup (1/3 oz.)	1/3 cup (1/2 oz.)	3/4 cup (1 oz.)
Rice or Pasta	1/4 cup, cooked	1/4 cup, cooked	1/2 cup, cooked
Vegetable			
Vegetable or juice (100%)	1/4 cup	1/2 cup	3/4 cup
Fruit			
Fruit or juice (100%)	1/4 cup	1/2 cup	3/4 cup
Milk, Cheese, Yogurt			
Milk	1/2 cup	1/2 - 3/4 cup	1 cup
Cheese	1 ounce	1-1/2 ounces	2 ounces
Yogurt	2 - 4 ounces	2 - 6 ounces	8 ounces
Meat, Poultry, Fish, Beans, Eggs, Nuts	1 ounce	1-1/2 ounces	2 ounces

Fats, Oils, Sweets

- Sweets: limited amounts only
- Prior to the age of 2 years, we recommend no fat restrictions for children. For children over age 2 years, we can begin to offer foods that are more moderate in fat such as low-fat rather than whole milk.

These portion sizes are based on recommendations of the USDA Food Guide Pyramid for adults and on portions recommended by the Child and Adult Care Food Program (CACFP).

