








MyPlate Portion Sizes for 4-18 Year-olds for Each Food Group



Child's Age	Fruits 	Vegetables 	Grains 	Protein Foods 	Dairy/Calcium rich foods 	Oils Allowance
4-8 yrs	1-1.5 cups	1.5 cups	5 oz equivalents*	4 oz equivalents**	2.5 cups	4 teaspoons
9-13 girls	1.5 cups	2 cups	5 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
9-13 boys	1.5 cups	2.5 cups	6 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
14-18 girls	1.5 cups	2.5 cups	6 oz equivalents*	5 oz equivalents**	3 cups	5 teaspoons
14-18 boys	2 cups	3 cups	8 oz equivalents*	6.5 oz equivalents**	3 cups	6 teaspoons

*1 oz equivalent of Grains: 1 mini bagel, ½ cup of cooked rice, ½ cup of cooked pasta, or 1 regular slice of bread

**1 oz equivalent of Protein Foods: 1 egg, ½ oz of nuts or seeds, 1 oz of cooked meat/poultry, fish, ¼ cup of cooked beans, or 1 tablespoon of peanut butter.

