

# Food Servings

## How Much Food Does My Child Need...



1. Now that your child has started eating solid foods you may be having a hard time trying to figure out how much food is enough and how much is too much- kids should eat 3 meals a day and 2-3 healthy snacks during the day if they want it
2. Remember, when your child starts to eat solid foods you should cut back on the amount of milk you give- a toddler should not have more than 2-3 cups of milk a day
3. Easy ways to figure out how big a serving your child should get:
  - ✓ 1 tablespoon per year of age for solid foods that are easy to measure
  - ✓  $1/4^{\text{th}}$  to  $1/3^{\text{rd}}$  of the adult portion size for foods that may be difficult to measure- like bread and milk
4. There are some guidelines you can use to feed your child:
  - **1-3 years:** 2 servings (1 ounce) of meat, 2 cups of milk, 3 servings of bread and grains, and 4 or more servings ( $\frac{1}{2}$  cup) of vegetables and fruit
  - **4-6 years:** same, but increase meat serving size to  $1\frac{1}{2}$  ounces and give one more serving of bread and grains & of fruits and vegetables
  - **7-10 years:** same, but increase meat serving size to  $1\frac{1}{2}$  -2 ounces
5. The amount of food depends upon your individual child- how old they are, how much activity they get, and how big or little they are... let child STOP eating when FULL
6. It is not a good idea to use food as a reward- it may lead to overeating and obesity
7. Remember, food likes and dislikes will change every few days so be prepared!



Alabama Department of Rehabilitation Services  
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