

Be sure to try your school meal on for size. Breakfast or lunch, the portions are just right and can be used as a good portion guide.



## square meals

Nourishing children's bodies and minds.

Texas Department of Agriculture  
Food and Nutrition Division

The food goals in this booklet are based on recommendations for active children aged 7 to 10. Daily food goals are different for different people depending on age, gender and level of physical activity. Find out the amount of healthy food **you** need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

Talk to the school foodservice director if you have any questions about school portion sizes. Visit your school's Web site for menus and information, and visit [www.squaremeals.org](http://www.squaremeals.org) for healthy recipes and more. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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A Serving of



# C O N T E N T S

## FRUITS

03

## VEGETABLES

05

## GRAINS

07

## MILK

09

## MEAT/BEANS

11 & 13

Please note that a serving is a standard amount used to give guidance on how much to eat.  
A portion is the amount of food you choose to eat.

The pictures in this booklet reflect the actual physical size of the object shown.



In the food world, all portions are not created equal. By using a little imagination, you can find portion sizes that are just right. Look inside for some everyday items that are about the same size as healthy servings of your favorite foods. Keep them in mind at mealtime to choose just the right food portions and have fun growing.

02



## Daily Fruit Goals (3 Servings)

1/4 CUP DRIED FRUITS, SUCH AS RAISINS = 1 SERVING

A golf ball is about  
the size of 1/4 cup.

03



1 Fruit Serving = one of the following:  
1/2 cup fruits or 100% fruit juice  
1/4 cup dried fruits, such as raisins

1/2 CUP FRUITS OR 100% FRUIT JUICE = 1 SERVING

A yo-yo is about  
the size of 1/2 cup.

04



**Portion Tip:** Try a piece of fruit the size of a computer mouse for 2 servings from the fruit group.

## Daily Vegetable Goals (5 Servings)

1 CUP RAW LEAFY GREENS = 1 SERVING

A tennis ball is about  
the size of 1 cup.



05



**Portion Tip:** Eat 12 baby carrots for 2 servings  
from the vegetable group.

1 Vegetable Serving = one of the following:  
1/2 cup vegetables or vegetable juice  
1 cup raw leafy greens

1/2 CUP VEGETABLES OR VEGETABLE JUICE = 1 SERVING

A yo-yo is about  
the size of 1/2 cup.



06



## Daily Grain Goals (5 to 6 Servings)

1 SLICE OF **BREAD** ABOUT THE SIZE

OF 4 DISKETTES = 1 SERVING



1 Grain Serving = one of the following:

1 slice bread or 1 6-inch tortilla

1 cup ready-to-eat cereal

1/2 cup cooked rice, cooked pasta or cooked cereal

(Remember 1/2 cup is about the size of a yo-yo)

1 CUP **READY-TO-EAT CEREAL** = 1 SERVING



A baseball is about  
the size of 1 cup.

07



08



## Daily Milk Goals (3 Servings)

1 CUP MILK OR YOGURT = 1 SERVING

A tennis ball is about  
the size of 1 cup.

1 Milk Serving = one of the following:  
1 cup milk or yogurt  
1 1/2 ounces hard cheese  
2 ounces processed cheese



**Portion Tip:** Try a 1-ounce package of string cheese  
for part of your daily milk goals.

## Daily Meat / Bean Goals (5 Servings)

**Portion Tip:** 3 ounces of meat, poultry or fish about the size of a deck of cards is 3 servings from the meat/bean group.



1 1



1 Meat/Bean Serving = one of the following:

1 ounce meat, poultry or fish

1/4 cup cooked dry beans

1 egg

1 tablespoon peanut butter



1 2



**Portion Tip:** 2 tablespoons of peanut butter about the size of 4 dice is 2 servings from the meat/bean group.

See next page for more on meat/bean servings. >>

## Daily Meat / Bean Goals (5 Servings)



1 3

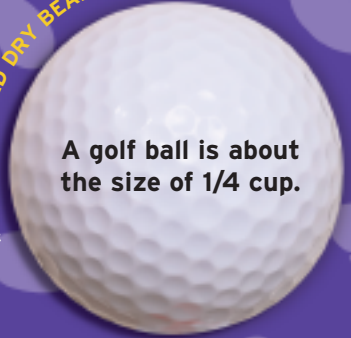


**Portion Tip:** 2 ounces of meat, poultry or fish about the size of 4 dominos is 2 servings from the meat/bean group.

1 EGG ABOUT THE SIZE OF A PING PONG BALL = 1 SERVING



1/4 CUP COOKED DRY BEANS = 1 SERVING



A golf ball is about the size of 1/4 cup.

1 4

