












What is a Portion?

Learning about correct portion sizes are an important part of creating balanced plates. Use these visualizations to help you determine the correct portion sizes for your children! Remember to always serve the minimum portion sizes for all meal components and to offer more if a child is still hungry!

Portion	Visualize
Crackers for snack for 3-5 year olds	4 casino chips 
1 1/2 ounces of cheese	3 dice 
1 pancake/waffle	4" CD 
1 medium apple/orange	1 baseball 
2 tablespoons peanut butter	1 golf ball 
1 small baked potato	1 computer mouse 
1 muffin	1 standard Play-Doh container 
1/2 cup fruit, vegetable, pasta, or rice	1 small fist 
1 teaspoon margarine/butter	1 thumb tip 
3 ounces cooked meat, poultry, or fish	1 deck of cards 
1 tortilla	7" plate 

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