

Portion Sizes Made Simple

Understanding portion sizes helps kids to know how much food their bodies need to grow strong and healthy. Kids need at least **2 cups of fruits** and **2 cups of vegetables** each day. When a measuring cup is not available, everyday objects can be used to estimate portions.

1 Cup Servings

Everyday Objects



1 large piece of fruit = 1 baseball



2 small pieces of fruit = together, about 1 baseball



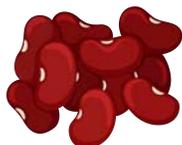
1/2 cup dried fruit = 1 tennis ball



8 oz 100% fruit juice = 1 school milk carton



1 cup raw or 1/2 cup cooked vegetables = about the size of your fist



1 cup of beans = about the size of your fist



2 cups of raw leafy greens = about the size of 2 fists



8 oz 100% vegetable juice = 1 school milk carton



Try It Yourself!

1. Look at the foods on your tray. Find your fruits, veggies, and beans.
2. Compare the size of each food to your fist or to the everyday objects listed here.
3. Estimate how much you have. Is it close to $\frac{1}{2}$ cup, 1 cup, or 2 cups?

Challenge:

Can you find **at least 2 cups of fruits** and **2 cups of vegetables** from the foods you eat during the day?