

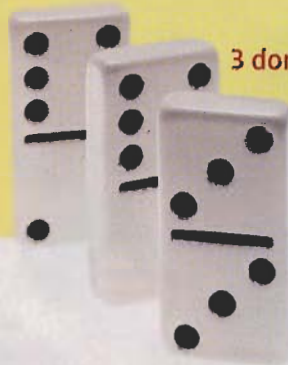
# Serving sizes made easy

by Lisa Young

one serving of...  
**MEAT =**

one serving of...  
**CHOPPED  
FRUITS & VEGGIES =**

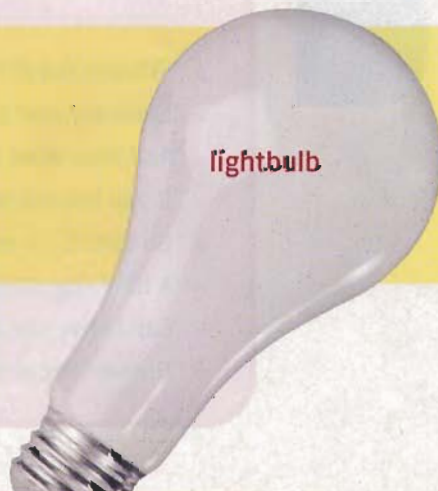
**FOR  
TODDLERS**



**FOR  
PRESCHOOLERS  
TO 8 YEARS**



**FOR  
OLDER KIDS  
& MOMS**



Lisa Young, Ph.D., is a nutritionist and author of *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss*

Relax! Your preschooler need only eat the equivalent of 2 golf balls' worth of veggies to count as a serving. (On the other hand, you may be eating more servings of pasta than you thought.) An easy guide to realistic portions:

**one serving of...  
COOKED PASTA & RICE =**



**one serving of...  
CHEESE =**

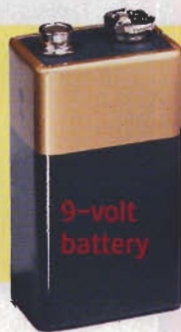
2 dice



**one serving of...  
JUICE =**



1/2 tennis ball



2 tubes of  
lipstick

