Meal size:
4 up to 8 months

Meal size:
8 up to 12 months
Meal Size Photos
(on 10” dinner plate)

Meal size:
1 up to 3 years

Meal size:
3 up to 6 years
Meal Size Photos
(on 10” dinner plate)

Meal size:
6 up to 12 years

Beverage Servings Photos

Milk serving (¾ cup)

Fruit juice serving (½ cup)
Fruit Portion Sizes

Portion Size Photos
(on 10” dinner plate)

4 up to 8 months
1 ½ tablespoons

8 up to 12 months
2 tablespoons

2 up to 12 years
½ cup

3 up to 6 years
½ cup

6 up to 12 years
¾ cup

Vegetable Portion Sizes

4 up to 8 months
1 ½ tablespoons

8 up to 12 months
2 tablespoons

2 up to 12 years
½ cup

6 up to 12 years
¾ cup

3 up to 6 years
½ cup
Grains/Breads Portion Sizes

Portion Size Photos
(on 10” dinner plate)

4 up to 8 months
1 ½ tablespoons

8 up to 12 months
⅛ slice

1 up to 6 years
1 slice ¼ slice

3 up to 6 years
3 tablespoons

6 up to 12 years
1 cup

8 up to 12 months
1 cup

1 up to 3 years
⅛ cup
### Portion Size Photos

(on 10” dinner plate)

#### Meat Portion Sizes

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 up to 8 months</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>8 up to 12 months</td>
<td>1 ½ ounce</td>
</tr>
<tr>
<td>1 up to 3 years</td>
<td>2 ounces</td>
</tr>
<tr>
<td>3 up to 6 years</td>
<td>1 ounce</td>
</tr>
<tr>
<td>6 up to 12 years</td>
<td>¾ ounce</td>
</tr>
</tbody>
</table>

#### Dry Measures

| 1 cup = | 8 fl oz | 16 tbsp | 48 tsp | 237ml |
| ¾ cup = | 6 fl oz | 12 tbsp | 36 tsp | 177ml |
| ½ cup = | 5 ½ fl oz | 10 ½ tbsp | 32 tsp | 158ml |
| ¼ cup = | 4 fl oz | 8 tbsp | 24 tsp | 118ml |
| ⅛ cup = | 2 ¾ oz | 5 ½ tbsp | 16 tsp | 79ml |
| ⅛ cup = | 2 fl oz | 4 tbsp | 12 tsp | 59ml |
| ⅛ cup = | 1 fl oz | 2 tbsp | 6 tsp | 30ml |

#### Liquid Measures

| 1 gal = | 4 qt | 8 pt | 16 cups | 128 fl oz | 3.79L |
| ½ gal = | 2 qt | 4 pt | 8 cups | 64 fl oz | 1.89L |
| ¼ gal = | 1 qt | 2 pt | 4 cups | 32 fl oz | .95L |
| ½ qt = | 1 pt | 2 cups | 16 fl oz | .47L |
| ¼ qt = | ½ pt | 1 cup | 8 fl oz | .24L |

### Conversion charts for measures and weights

<table>
<thead>
<tr>
<th>Liquid measures</th>
<th>Dry measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 gal = 128 oz</td>
<td>1 cup = 8 fl oz</td>
</tr>
<tr>
<td>½ gal = 64 oz</td>
<td>¾ cup = 6 fl oz</td>
</tr>
<tr>
<td>¼ gal = 32 oz</td>
<td>½ cup = 4 fl oz</td>
</tr>
<tr>
<td>½ qt = 16 oz</td>
<td>¼ cup = 2 fl oz</td>
</tr>
<tr>
<td>¼ qt = 8 oz</td>
<td>⅛ cup = 1 fl oz</td>
</tr>
<tr>
<td>1 tbsp = 3 tsp</td>
<td>1 tsp = 15 ml</td>
</tr>
</tbody>
</table>