

Meal Size Photos

(on 10" dinner plate)

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 ($\frac{3}{4}$ cup)

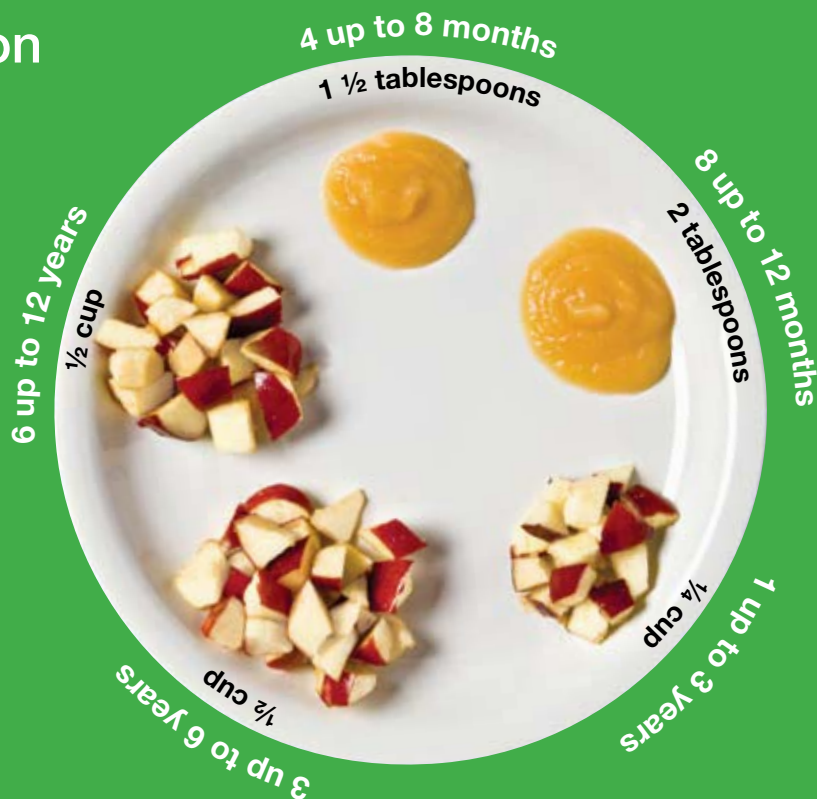


Fruit juice serving ($\frac{1}{2}$ cup)

Portion Size Photos

(on 10" dinner plate)

Fruit Portion Sizes



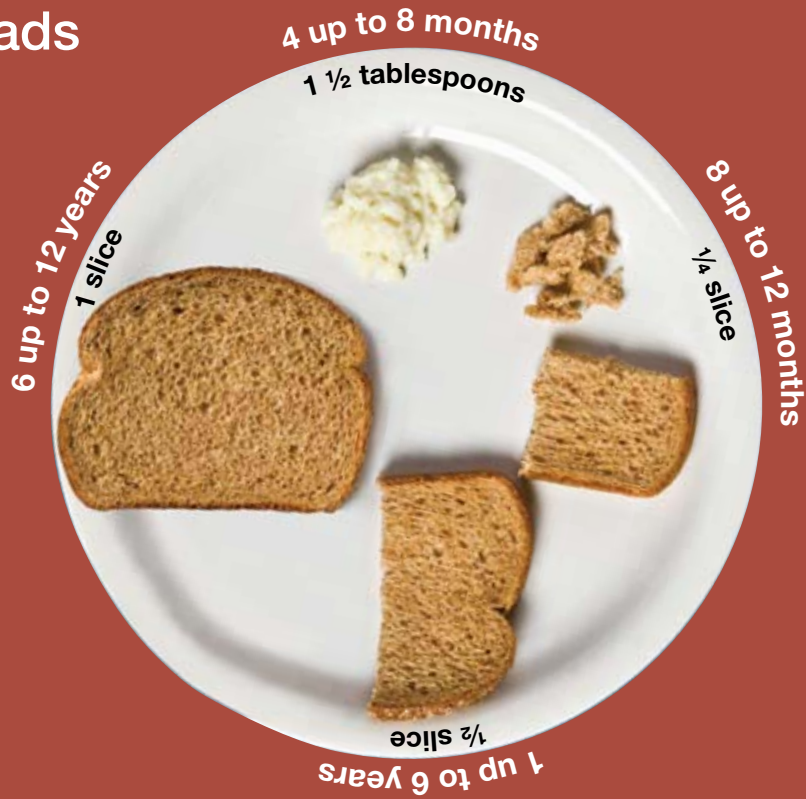
Vegetable Portion Sizes



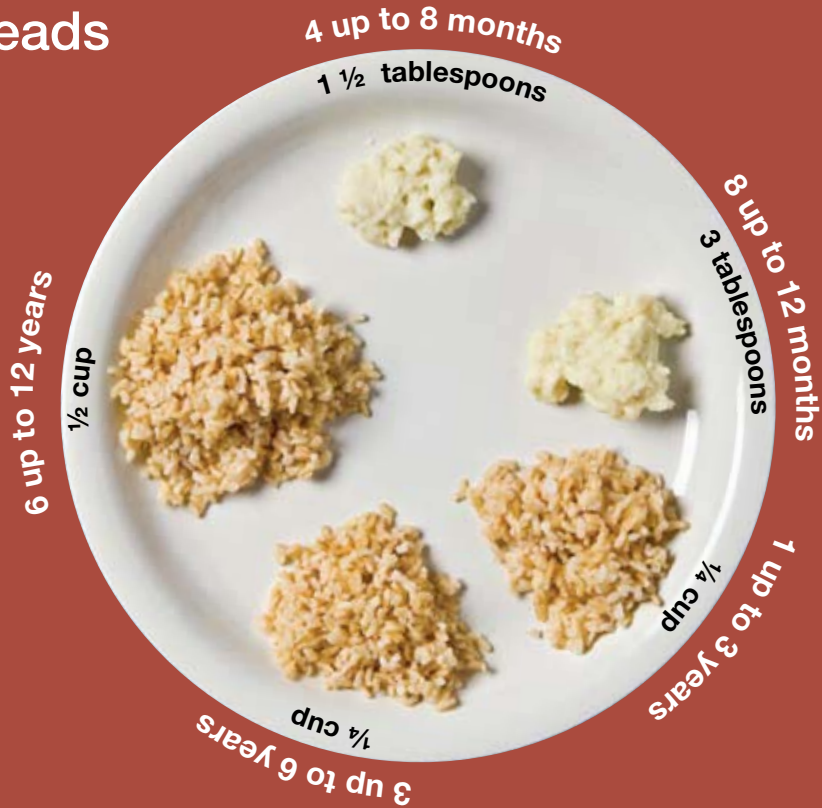
Portion Size Photos

(on 10" dinner plate)

Grains/Breads Portion Sizes



Grains/Breads Portion Sizes



Portion Size Photos

(on 10" dinner plate)

Meat Portion Sizes



Conversion charts for measures and weights

Liquid measures					
1 gal =	4 qt	8 pt	16 cups	128 fl oz	3.79L
1/2 gal =	2 qt	4 pt	8 cups	64 fl oz	1.89L
1/4 gal =	1 qt	2 pt	4 cups	32 fl oz	.95L
	1/2 qt =	1 pt	2 cups	16 fl oz	.47L
	1/4 qt =	1/2 pt	1 cup	8 fl oz	.24L

Dry measures				
1 cup =	8 fl oz	16 tbsp	48 tsp	237ml
3/4 cup =	6 fl oz	12 tbsp	36 tsp	177ml
2/3 cup =	5 1/3 fl oz	10 2/3 tbsp	32 tsp	158ml
1/2 cup =	4 fl oz	8 tbsp	24 tsp	118ml
1/3 cup =	2 2/3 fl oz	5 1/3 tbsp	16 tsp	79ml
1/4 cup =	2 fl oz	4 tbsp	12 tsp	59ml
1/8 cup =	1 fl oz	2 tbsp	6 tsp	30ml
		1 tbsp =	3 tsp	15ml