

# Nutrition



**Cardinal Pediatrics**  
304-599-8000

The best choice beverages are really simple:  
**Water and Plain Milk**

## Suggested Daily Water & Milk Intake for Infants and Young Children

	6-12 Months	12-24 Months	2-5 Years
Water	4-8 oz/day .5-1 cup/day	8-32 oz/day 1-4 cups/day	8-40 oz/day 1-5 cups/day
Whole Milk	NONE	16-24 oz/day 2-3 cups/day	NONE
Nonfat (Skim) or Low-fat (1%) Milk	NONE	NONE	16-20 oz/day 2-2.5 cups/day

## Food Portions

Food Group	Servings per day	Portion Size Ages 1-3	Portion Size Ages 4-6	Portion Size Ages 7-10
Fruit	2-3 Servings	¼ cup cooked, frozen, canned ½ piece fresh	¼ cup cooked, frozen, canned ½ piece fresh	1/3 cup cooked, frozen, canned 1 piece fresh
Vegetables	2-3 Servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice, pasta 1/3 cup dry cereal 2-3 crackers	½ slice bread 1/3 cup cooked cereal, rice, pasta 1/2 cup dry cereal 3-4 crackers	1 slice bread 1/2 cup cooked cereal, rice, pasta 3/4-1 cup dry cereal 4-5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, tofu 2 cup cooked beans 1 egg	2-3 ounce meat, fish, chicken, tofu 1/2 cup cooked beans 1-2 egg
Dairy	2-3 servings	½ cup milk ½ ounce cheese ½ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese 3/4-1 cup yogurt



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Remember we are only a text / phone call away!