

Reliable Resources when Feeding Pre-Schoolers

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Portions-and-Serving-Sizes.aspx>

<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/size-wise-nutrition-for-preschool-age-children>

<http://www.eatright.org/resources/for-kids>

<http://www.buildhealthykids.com/servingsizes.html>

<http://kidshealth.org/en/parents/portions.html>

<http://fit.webmd.com/jr/food/pdf/pdf-how-much-to-feed-chart-4-to-8>

<https://www.childrens.com/keeping-families-healthy/family-blog/category/food-fitness/recommended-serving-size-by-age>

<http://www.ellynsatterinstitute.org/>

<http://www.ellynsatterinstitute.org/hf/howtofeed.php>

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