

Healthy Servings

for Children ages 9-13 years old

Grain Group 5-6 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

	Serving Size = 1 ounce
Bread	1 slice
Bagel	½
Cooked rice, pasta	½ cup
Dry cereal (unsweetened), flakes	1 cup
Muffin/roll	1

Fruit Group 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit
Aim for at least 5 servings of fruits & vegetables per day (total 3½ - 4 cups per day)

	Serving Size = 1 cup
Medium fresh	1
Dried	¼ cup
Chopped	½ cup
100% fruit juice	1 cup

Vegetable Group 2-2½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables Choose a variety of vegetables – dark green, orange and starchy (potatoes, corn, peas and lima beans). Brighter is better!

	Serving Size = 1 cup
Cooked or raw	1 cup
Raw leafy	2 cups
Vegetable juice	¾ cup

Milk Group 3 cups total per day. Choose low fat or fat free dairy products.

	Serving Size = 1 cup
Milk	1 cup
Yogurt	6-8 ounces
Cheese	1½-2 ounces

Meat Group 5 ounces total per day.

	Serving Size = 1 oz
Lean meat	1 oz.
Egg	1
Peanut butter	2 Tablespoons
Nuts/seeds	⅓ cup
Beans	½ cup

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit www.MyPyramid.gov.

- General information on feeding kids – www.MyPyramid.gov/kids
- Check your portion sizes – www.theportionplate.com or <http://hp2010.nhlbihin.net/portion>
- Get your kids to eat fruits & vegetables – www.fruitsandveggiesmatter.gov
- For calcium rich recipes – www.3aday.org
- Healthy school lunches, sleep and more – www.kidshealth.org
- Ohio resources – www.eatbetterdobetter.org or www.healthyohioprogram.org
- Keep your family moving – for kids www.kidnetic.org
– for parents www.cdc.gov/nccdphp/dnpa
- Caffeine content of common beverages – http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html



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