## This is the **daily** Eating Guide for children who participate in 60 minutes of moderate activity per day

Healthy Servings for Teens ages 14-18 years old

## **Grain Group** 6-7 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 1⁄2 Cooked rice, pasta 1/2 cup Dry cereal (unsweetened), flakes 1cup Muffin/roll 1 **Fruit Group** $1\frac{1}{2}$ -2 cups total per day. 1 cup fruit or 100% fruit juice or $\frac{1}{2}$ cup dried fruit = 1 cup fruit Aim for at least 5 servings of fruits & vegetables per day (total 4 - 5 cups per day) Serving Size = 1 cup Medium fresh Dried 1/4 cup Chopped 1/2 cup 100% fruit juice $\frac{3}{4}$ cup Vegetable Group 2<sup>1</sup>/2-3 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 <sup>3</sup>/<sub>4</sub> cup **Milk Group** 3 cups total per day. Choose low fat or fat free dairy products. Serving Size = 1 cup Milk 1 cup Yogurt 8 ounces Cheese 11/2-2 ounces Meat Group 5.6 ounces total per day. Serving Size =1 oz Lean meat 1 oz. Egg 1 Peanut butter 2 Tablespoons Nuts/seeds 1/3 cup

• The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.

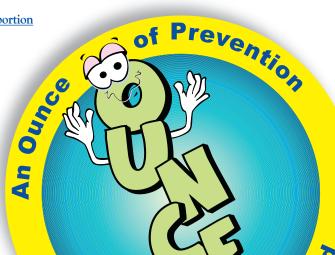
• For more on serving sizes and specific calorie needs for your child visit <u>www.MyPyramid.gov</u>.

Beans

- 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 <u>www.3aday.org</u>
- Healthy school lunches, sleep and more www.kidshealth.org
- Ohio resources -<u>www.eatbetterdobetter.org</u> or <u>www.healthyohioprogram.org</u>
- Keep your family moving for kids <u>www.kidnetic.org</u>
- for parents <u>www.cdc.gov/nccdphp/dnpa</u>
  Caffeine content of common beverages –

http://kidshealth.org/teen/drug\_alcohol/drugs/caffeine.html

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1/2 cup