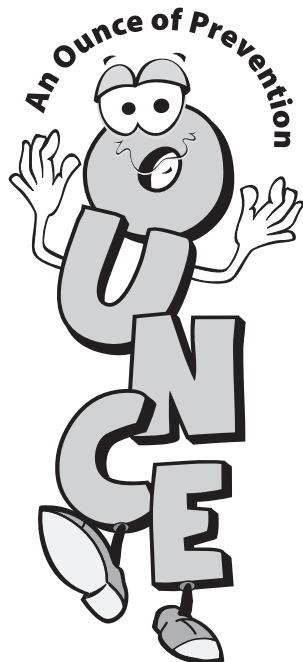


Healthy Servings

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

for Children ages 9~13 years old



is Worth a Pound

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.)

Bread
Bagel
Cooked rice, pasta
Dry cereal (unsweetened), flakes
Muffin/roll

Serving Size = 1 ounce

1 slice
½
½ cup
1 cup
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)

Medium fresh
Dried
Chopped
100% fruit juice

Serving Size = 1 cup

1
¼ cup
½ cup
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!

Cooked or raw
Raw leafy
Vegetable juice

Serving Size = 1 cup

1 cup
2 cups
¾ cup

Milk Group

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

Milk
Yogurt
Cheese

Serving Size = 1 cup

1 cup
6-8 ounces
1½-2 ounces

Meat Group

5 ounces total per day.

Lean meat
Egg
Peanut butter
Nuts/seeds
Beans

Serving Size = 1 oz

1 oz.
1
2 Tablespoons
⅓ cup
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.nhlbi.nih.gov/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.healthyohiprogram.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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