

Nutrition for Childhood

Food Group	Servings per Day	Average Size of Serving		
		1 to 3 years	4 to 6 years	7 to 12 years
Bread & cereals (whole grain or enriched) ^a	6 or more	½ slice	1 slice	1 to 2 slices
Vegetables ^b	3 or more	2-4 tbsp or ½ c juice	¼- ½ c or ½ c juice	½ - ¾ c or ½ c juice
Fruits ^b	2 or more	2-4 tbsp or ½ c juice	¼ - ½ c or ½ c juice	½ - ¾ c or ½ c juice
Meat and meat alternates ^c	2 or more	1-2 oz	1-2 oz	2-3 oz
Milk and mild products ^d	3 to 4	½ - ¾ c	¾ c	¾ - 1 c

^a1 slice bread= ¾ c dry cereal, ½ c cooked cereal, ½ c potato, rice or noodles

^b Vitamin C source (citrus fruits, berries, tomatoes, broccoli, cabbage, cantaloupe) daily; vitamin A source (spinach, carrots, squash, tomato, cantaloupe) 3 to 4 times weekly. To help meet iron needs, include 1 cup of dark leafy vegetables daily.

^c1 oz meat, fish, poultry= 1 egg, 1 frankfurter, 2 tbsp peanut butter, ½ c cooked legumes

^d ½ c milk= ½ cottage cheese, pudding, yogurt; ¾ oz cheese; 2 tbsp dried milk. Children who do not use milk or milk products should use soy milk fortified with calcium, vitamin D, and vitamin B₁₂.

*All information out of the book Life Span Nutrition by Rolfes, DeBruyne, & Whitney, Second Edition

Nutrition for Adolescents

Food Group	Number of Servings	
	Girls	Boys
Breads/cereals	9	11
Vegetables	4	5
Fruits	3	4
Meats/meat alternatives ^a	6	7
Milk/milk alternatives	3	3
kCalories	2200	2800

*All values are based on the Food Guide Pyramid. The 2200-kcalorie plan assumes a total of 73 grams fat and allows for 12 teaspoon added sugar. The 2800-kcalorie plan assumes a total of 93 grams of fat and allows for 18 teaspoons of sugar.

^aMeat group amounts are in total ounces.

* All information out of the book Life Span Nutrition by Rolfes, DeBruyne, & Whitney, Second Edition

Nutrition for Young Adults

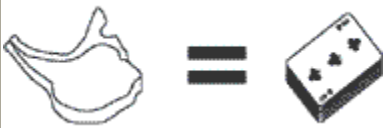

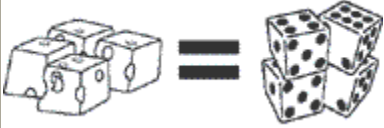
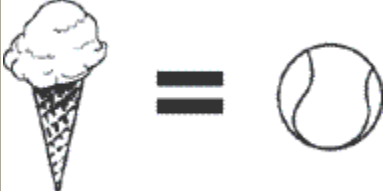
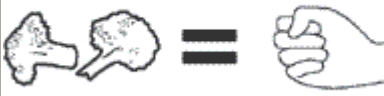

Food Group	<u>Energy Level (kcal) Recommended number of servings for different energy intakes</u>						
	1200	1500	1800	2000	2200	2600	3000
Breads and cereals	6	7	8	9	11	13	15
Meat (lean) ^a	4	5	6	6	6	7	8
Vegetable	4	4	5	5	5	6	6
Fruit	2	3	4	4	4	5	6
Milk (nonfat)	2	2	2	3	3	3	3
Fat (tbsp)	3	5	6	7	8	10	12

^aMeat servings are given in ounces.

*These patterns follow the Food Guide Pyramid and supply less than 30% of kcalories as fat.

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Sizing It Up!

	Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.
	A medium apple or peach is about the size of a tennis ball.
	One ounce of cheese is about the size of four stacked dice.
	One-half cup of ice cream is about the size of a racquetball or tennis ball.
	One cup of mashed potatoes or broccoli is about the size of your fist.
	One teaspoon of butter or peanut butter is about the size of the tip of your thumb.