

# 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) <sup>a</sup>	6 or more	½ slice	1 slice	1 to 2 slices
Vegetables <sup>b</sup>	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 <sup>b</sup>	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 <sup>c</sup>	2 or more	1-2 oz	1-2 oz	2-3 oz
Milk and mild products <sup>d</sup>	3 to 4	½ - ¾ c	¾ c	¾ - 1 c

<sup>a</sup>1 slice bread= ¾ c dry cereal, ½ c cooked cereal, ½ c potato, rice or noodles

<sup>b</sup> 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.

<sup>c</sup>1 oz meat, fish, poultry= 1 egg, 1 frankfurter, 2 tbsp peanut butter, ½ c cooked legumes

<sup>d</sup> 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 B<sub>12</sub>.

\*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 <sup>a</sup>	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.

<sup>a</sup>Meat 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

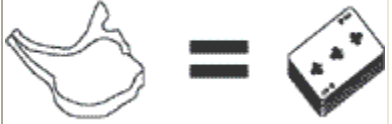

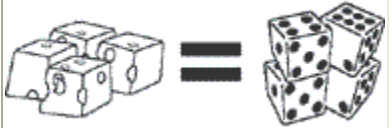

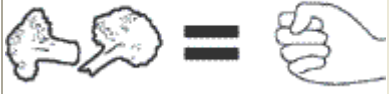

Food Group	<u>Energy Level (kcal) Recommended number of servings for different energy intakes</u>						
	1200	1500	1800	2000	2200	2600	3000
Breads and cereals	6	7	8	9	11	13	15
Meat (lean) <sup>a</sup>	4	5	6	6	6	7	8
Vegetable	4	4	5	5	5	6	6
Fruit	2	3	4	4	4	5	6
Milk (nonfat)	2	2	2	3	3	3	3
Fat (tbsp)	3	5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

<sup>a</sup>Meat servings are given in ounces.

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

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

# Sizing It Up!

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