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## Appendix 1: Nutrition Guidelines and Serving Sizes

## Nutrition Guidelines

<b>Food Group</b>	<b>Number of Servings for Children ages 2 to 6 (about 1,600 calories)</b>	<b>Number of Servings for Older Children 9 to 12 &amp; Teen Girls (about 2,200 calories)</b>	<b>Number of Servings for Teen Boys (about 2,800 calories)</b>
<b>Bread, Cereal, Rice and Pasta Group (Grains Group) - especially whole grain</b>	<b>6</b>	<b>9</b>	<b>11</b>
<b>Vegetable Group</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Fruit Group</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Milk, Yogurt, and Cheese Group (Milk Group)</b>	<b>2 or 3*</b>	<b>2 or 3*</b>	<b>2 or 3*</b>
<b>Meat, poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)</b>	<b>2, for a total of 5 ounces</b>	<b>2, for a total of 6 ounces</b>	<b>3, for a total of 7 ounces</b>

\*The number of servings depends on the child's age. Older children and teenagers (ages 9 to 18 years) need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for non-pregnant women.

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Appendix 1 Nutrition Guidelines and Serving Sizes (continued)

Serving Sizes

<p><b>Bread, Cereal, Rice and Pasta Group (Grains Group) – whole grain and refined</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• About 1 cup of read-to-eat cereal</li> <li>• ½ cup of cooked cereal, rice or pasta</li> </ul>	<p><b>Milk, Yogurt, and Cheese Group (Milk Group)*</b></p> <ul style="list-style-type: none"> <li>• 1 cup of milk** or yogurt**</li> <li>• 1 ½ ounces of natural cheese** (such as Cheddar)</li> <li>• 2 ounces of processed cheese** (such as American)</li> </ul>
<p><b>Vegetable Group</b></p> <ul style="list-style-type: none"> <li>• 1 cup of raw leafy vegetables</li> <li>• ½ cup of other vegetables – cooked or raw</li> <li>• ¾ cup of vegetable juice</li> </ul>	<p><b>Meat Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)</b></p> <ul style="list-style-type: none"> <li>• 2-3 ounces of cooked lean meat, poultry, or fish</li> <li>• ½ cup of cooked dry beans# or ½ cup of tofu counts as 1 ounce of lean meat</li> <li>• 2 ½ ounce soyburger or 1 egg counts as 1 ounce of lean meat</li> <li>• 2 tablespoons of peanut butter or a cup of nuts counts as 1 ounce of meat</li> </ul>
<p><b>Fruit Group</b></p> <ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange, pear</li> <li>• ½ cup chopped, cooked, or canned fruit</li> <li>• ¾ cup of fruit juice</li> </ul>	

\* This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

\*\* Choose fat-free or reduced-fat dairy products most often.

# Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, 1/2 cup of cooked, dry beans counts as 1 serving. As a meat substitute, 1 cup of cooked, dry beans counts as 1 serving (2 ounces of meat).