

5101:2-9-20

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Appendix 1: Nutrition Guidelines and Serving Sizes**Nutrition Guidelines**

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

* 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 nonpregnant women.

Appendix 1 Nutrition Guidelines and Serving Sizes (continued)

Serving Sizes

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

* 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).