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Appendix 1: Nutrition Guidelines and Serving Sizes

Nutrition Guidelines

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

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

* 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).