

# Healthy Servings

for Children ages 9-13 years old

**Grain Group** 5-6 ounces total per day. At least half of the daily servings of grains should come from whole grains. (whole wheat, oatmeal, brown rice, etc.)

	Serving Size = 1 ounce
Bread	1 slice
Bagel	½
Cooked rice, pasta	½ cup
Dry cereal (unsweetened), flakes	1 cup
Muffin/roll	1

**Fruit Group** 1½ cup total per day. 1 cup fruit or 100% fruit juice or ½ cup dried fruit = 1 cup fruit  
Aim for at least 5 servings of fruits & vegetables per day (total 3½ - 4 cups per day)

	Serving Size = 1 cup
Medium fresh	1
Dried	¼ cup
Chopped	½ cup
100% fruit juice	1 cup

**Vegetable Group** 2-2½ cups total per day. 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables Choose a variety of vegetables – dark green, orange and starchy (potatoes, corn, peas and lima beans). Brighter is better!

	Serving Size = 1 cup
Cooked or raw	1 cup
Raw leafy	2 cups
Vegetable juice	¾ cup

**Milk Group** 3 cups total per day. Choose low fat or fat free dairy products.

	Serving Size = 1 cup
Milk	1 cup
Yogurt	6-8 ounces
Cheese	1½-2 ounces

**Meat Group** 5 ounces total per day.

	Serving Size = 1 oz
Lean meat	1 oz.
Egg	1
Peanut butter	2 Tablespoons
Nuts/seeds	1/3 cup
Beans	½ cup

- The calorie range for each age group varies depending on activity level. Ask your health care provider or a registered dietitian.
- For more on serving sizes and specific calorie needs for your child visit [www.MyPyramid.gov](http://www.MyPyramid.gov).

- General information on feeding kids – [www.MyPyramid.gov/kids](http://www.MyPyramid.gov/kids)
- Check your portion sizes – [www.theportionplate.com](http://www.theportionplate.com) or <http://hp2010.nhlbihin.net/portion>
- Get your kids to eat fruits & vegetables – [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)
- For calcium rich recipes – [www.3aday.org](http://www.3aday.org)
- Healthy school lunches, sleep and more – [www.kidshealth.org](http://www.kidshealth.org)
- Ohio resources – [www.eatbetterdobetter.org](http://www.eatbetterdobetter.org) or [www.healthyohioprogram.org](http://www.healthyohioprogram.org)
- Keep your family moving – for kids [www.kidnetic.org](http://www.kidnetic.org)  
– for parents [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
- Caffeine content of common beverages – [http://kidshealth.org/teen/drug\\_alcohol/drugs/caffeine.html](http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html)

