



TOTAL DAILY NUTRIENT NEEDS

Recommended daily amounts of the food groups depend on your calorie needs:

Age	Male/ Sedentary	Male/ Moderately Active	Male/ Active	Female/ Sedentary	Female/ Moderately Active	Female/ Active
2	1000	1000	1000	1000	1000	1000
3	1200	1400	1400	1000	1200	1400
4	1200	1400	1600	1200	1400	1400
5	1200	1400	1600	1200	1400	1600
6	1400	1600	1800	1200	1400	1600
7	1400	1600	1800	1200	1600	1800
8	1400	1600	2000	1400	1600	1800
9	1600	1800	2000	1400	1600	1800
10	1600	1800	2200	1400	1800	2000
11	1800	2000	2200	1600	1800	2000
12	1800	2200	2400	1600	2000	2200
13	2000	2200	2600	1600	2000	2200
14	2000	2400	2800	1800	2000	2400
15	2200	2600	3000	1800	2000	2400
16	2400	2800	3200	1800	2000	2400
17	2400	2800	3200	1800	2000	2400
18	2400	2800	3200	1800	2000	2400

Source: Dietary Guidelines for Americans, 2010

Grains

- **Children ages 2-5 should aim for 3-5 ounce equivalents**
- **Children ages 6-9 should aim for 4-6 ounce equivalents**
- **Children ages 10-13 should aim for 5-9 ounce equivalents**
- **Teens ages 14-18 should aim for 6-10 ounce equivalents**

1 ounce equivalent of a grain is the size of 1 slice of bread (small slice), 1/2 cup cooked bulgar, 1/2 cup cooked oatmeal, 3 cups of popcorn, 1 cup of flake cereal, 1/2 cup of cooked pasta (1 ounce dry), 1/2 cup of cooked rice (1 ounce dry), 1 small tortilla (6" diameter), or 1/4 of a large bagel.

Make at least half of your grains whole grains. Whole grains include oatmeal, brown rice, whole grain bread, whole grain tortillas, whole grain pitas, whole grains like quinoa, millet, bulgur, buckwheat and barely, whole grain cereals (look for fiber higher than 2 grams), and whole wheat pasta.

Vegetables

- **Children ages 2-5 should aim for 1 to 2 cups**
- **Children ages 6-9 should aim for 1 ½ to 2 ½ cups**
- **Children ages 10-13 should aim for 1 ½ to 3 cups**
- **Teens ages 14-18 should aim for 2 ½ to 4 cups**

1 cup of vegetables is about the size of your fist or ½ cup is about the size of a light bulb. 2 cups of leafy greens and ½ cup of dried vegetable counts as 1 cup equivalent of vegetables.

The more the better, just as long as smaller children save room for other nutrients as well. Be sure to include a variety of colors on your plate. Eating a variety of colored vegetables, such as green, orange, red, purple/blue, yellow or white, will ensure children are getting all of the needed vitamins and minerals and a number of healthy protective factors. Fresh and in-season are always best. Organic is ideal, but the most important part is to eat vegetables in any form. Some children need to see or try a vegetable 10-15 times before they accept it, so be patient. Watch out for starchy vegetables. While potatoes and corn have nutrients, they have more carbohydrates than other non-starchy vegetables. If potatoes or corn are served, a grain is not needed. Leave the skin on the potatoes for the healthy fiber.

Fruits

- **Children ages 2-5 should aim for 1 to 1 ½ cups**
- **Children ages 6-9 should aim for 1 to 2 cups**
- **Children ages 10-13 should aim for 1 ½ to 2 cups**
- **Teens ages 14-18 should aim for 1 ½ to 2 ½ cups**

A 1-cup serving of fruit is 1 cup of raw fruit or ½ cup of dried fruit. A small apple (2.5" diameter), a large banana (8" or 9" long), 32 seedless grapes, 1 medium grapefruit, or 8 large strawberries will be about 1 cup of fruit.

As with the vegetables, it is important to eat a variety of colors. Fresh is always best over canned. Aim for a variety of fruits. Limit fruit juice and if you choose to drink it, make sure it is 100% fruit. It is always better to eat fruit than to drink fruit juice. While fruit is very healthy, it contains more carbohydrates in the form of sugar than non-starchy vegetables so pay attention to recommended daily amounts.

Calcium

- **Children of all ages should aim for 2-3 cups of dairy or dairy alternative per day**

Recommended Daily Amounts of Calcium

Age	Mg of Calcium
1-3	700
4-8	1000
9-18	1200

This group replaces what traditionally is the dairy group. In addition to dairy, there are many sources of calcium that come from plants. These foods include nuts, broccoli, dark leafy greens, tofu, soymilk, beans, and molasses. When getting calcium from dairy, low-fat milk and yogurt are good choices. The Chef Ann Foundation recommends choosing organic milk over conventional milk.

Below is a list of calcium rich foods and the calcium content:

Food	Serving Size	Calcium Content (mg)
Cereal, Fortified	3/4 to 1 cup	250-1000
Orange Juice, Fortified	1 cup	500
Yogurt, plain, nonfat	8 ounces	452
Tofu	1/2 cup	434
Sardines	3 ounces	325
Cheese, mozzarella, part-skim	1.5 ounces	311
Milk, low-fat, 1%	1 cup	305
Soy milk, fortified	1 cup	299
Figs, dried	5 each	135
Greens, collard	1/2 cup	135
Spinach	1/2 cup	135
Soybeans	1/2 cup	130
Amaranth (ancient grain)	1 cup	116
Greens, turnip or bok choy	1/2 cup	100
Beans, white	1/2 cup	95
Okra	1/2 cup	90
Greens, beet	1/2 cup	80
Almonds	1 ounce	75
Hummus	1/2 cup	65
Beans and peas, dried	1/2 cup	50-100
Molasses	1 Tbsp	41

Protein Foods

- Children ages 2-5 should aim for 2 to 5 ounce equivalents



- **Children ages 6-9 should aim for 3 to 5 ½ ounce equivalents**
- **Children ages 10-13 should aim for 4 to 6 ½ ounce equivalents**
- **Teens ages 14-18 should aim for 5 to 7 ounce equivalents**

A 1-ounce equivalent of a protein food is 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds.

Healthy protein sources include nuts, beans, tofu, fish (wild is better than farm raised), eggs, chicken, and turkey.

Fats

- **Children ages 1-3 should get 30-40% of their total calories from fat**
- **Children ages 4-18 should get 25-35% of their total calories from fat**

Fats from plant sources are very important to the growth and development of children's bodies. Limit animal fats, which contain saturated fat and cholesterol. Less than 10% of total calories should come from saturated fats. Saturated fat sources include dairy (2% and whole milk, cheese, and butter), red meat, and other solid fats such as coconut and palm oil. Limit or ideally avoid *Trans* fatty acids that come from foods that are hydrogenated. Check food labels and avoid food with the word hydrogenated in the ingredients or any food that contains Trans Fats on the nutrition facts.

Include oils such as olive, safflower, sesame, flax and canola. A serving of these oils is 1 teaspoon. Note: Flax oil should not be used for cooking or heating.

Healthy unsaturated fats come from nuts, such as almonds, walnuts and peanuts. A serving of these nuts is a handful, or a bit less than 1/2 cup, 1 Tablespoon of peanut, almond or cashew butter.

Legumes, such as peas, beans, lentils, garbanzos, soybeans, tofu and soy products also contain healthy unsaturated fats. A serving of these beans for healthy fats is ½ cup cooked.

Note: If consuming beans and nuts for healthy fats, you will also be getting a serving of calcium and protein with these foods as well.

Red Meat

- **For all ages, limit to less than 2-3 servings per week.**

Red meat was separated out from the proteins, not to encourage you to eat it, but to set it apart from the rest, as it should not be eaten every day. This includes beef, pork, and lamb. Processed meats such as bacon, ham, sausage, salami, bologna, pepperoni, and hot dogs



(unless turkey or vegetarian and low fat) are also included in this category. These meats contain a large amount of saturated fat and should be eaten in moderation for heart health.

Added Sugars

- **To be eaten rarely**

Much of today's obesity crisis stems from a lack of exercise and an increased intake of foods of minimal nutritional value. Foods with added sugars, such as candy, soda, cakes, pies and cookies, should be limited to occasional treats. For very active children, a daily treat in moderation can be a part of a healthy diet. Children who are not as physically active should further limit high sugar foods and beverages to only a few times per week.

Water

The water glass on the plate represents the most important part of the healthy plate. Hydration is very important for total body and brain health. Younger children ages 1-3 need 5-6 cups of water per day, children ages 4-8 need 7-8 cups per day, and older children and teens ages 9-18 need about 9-14 cups per day depending on activity level and perspiration. Water is the best beverage choice. Children often drink more water if they are able to carry a water bottle at school.