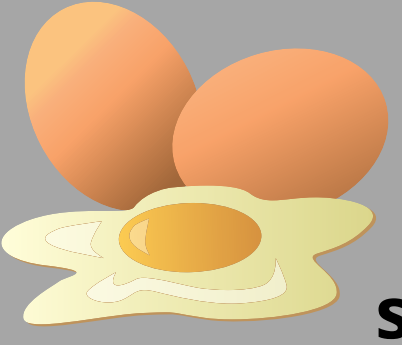






Healthy Eating for Kids



FOOD GROUP	9 to 13 year olds		14 to 18 year olds		Equivalents
	Girls	Boys	Girls	Boys	
 Protein Meat, poultry, beans, seafood, eggs, nuts, seeds	5 oz	5 oz	5 oz	6 1/2 oz	1 oz = 1 egg, 1 tablespoon peanut butter, 1 oz uncooked meat or fish, 1/2 cup beans
 Veggies Fresh, frozen, canned, and dried	2 cups	2 1/2 cups	2 1/2 cups	3 cups	1 cup = 1 cup raw or cooked fresh veggies, 1 cup 100% juice, 2 cups raw leafy greens
 Fruits Fresh, frozen, canned, and dried	1 1/2 cups	1 1/2 cups	1 1/2 cups	2 cups	1 cup = 1 cup fruit or 100% juice, 1/2 cup dried fruit
 Grains Foods made with whole grains	5 oz	6 oz	6 oz	8 oz	1 oz = 1 slice of bread, 1/2 cup cooked rice or pasta, 1 cup cereal
 Dairy Milk, cheese, and yogurt	3 cups	3 cups	3 cups	3 cups	1 cup = 1 cup milk or yogurt, 1.5 oz natural cheese

Source: <https://www.nal.usda.gov/fnic/child-nutrition>

www.mededmaterials.org

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.