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
Bagel
Cooked rice, pasta
Dry cereal (unsweetened), flakes
Muffin/roll

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
Dried
Chopped
100% fruit juice

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
Raw leafy
Vegetable juice

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

Serving Size = 1 cup

Milk
Yogurt
Cheese

Meat Group 5 ounces total per day.

Serving Size = 1 oz

Lean meat
Egg
Peanut butter
Nuts/seeds
Beans

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

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