

# 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	⅓ cup
Beans	½ cup

Visit MyPyramid web site [www.mypyramid.gov](http://www.mypyramid.gov) for more information on meal & snack plans and examples of healthy food choices. Also look for more information on Extras – including fat, sugar and salt (sodium) and how they fit into your child's diet.



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