

# Healthy Servings

## for children ages 14-18 years old

**This is a general guide for teens who participate in 60 minutes of moderate activity per day. A teen's portion sizes and servings vary based on age, gender, and level of activity.**

**Grain Group—6–8 ounces total per day.** At least half of the daily servings of grains should come from whole grains (100% whole wheat, oatmeal, brown rice, etc.).

	Appropriate Portion Size (Age 14-18)
Bread . . . . .	1 slice
Large bagel . . . . .	½ bagel
Crackers(whole grain) . . . . .	5 crackers
Dry cereal . . . . .	1 cup
Cooked cereal, rice or pasta . . . . .	½ cup

**Fruit Group—1½–2 cups total per day.** Choose a variety of whole fresh, cooked, canned or frozen fruit; ½ cup of dried fruit=1 cup. Limit 100% juice. Aim for at least 5 servings of fruits and vegetables per day (total 4-5 cups).

	Appropriate Portion Size (Age 14-18)
Cooked, frozen or canned . . . . .	½ cup
Fresh . . . . .	1 piece
100% juice . . . . .	¾ cup
Dried fruit . . . . .	¼ cup (a small handful)

**Vegetable Group—2½–3 cups total per day.** Choose a variety of raw or cooked dark green and other bright colored vegetables; 2 cups of raw leafy greens is equal to 1 cup.

	Appropriate Portion Size (Age 14-18)
Cooked, frozen or canned . . . . .	1 cup
Raw . . . . .	1 cup
Leafy greens . . . . .	2 cups (equal to 1 cup vegetables)
Vegetable juice . . . . .	¾ cup

**Calcium Group—3 cups total per day**

	Appropriate Portion Size (Age 14-18)
Milk or soy milk . . . . .	1 cup
Yogurt . . . . .	¾ - 1 cup
Cheese . . . . .	¼ cup grated ( <i>see Proper Portions on back</i> )
Cooked leafy greens . . . . .	½ cup
Salmon, tofu . . . . .	½ cup
Almonds . . . . .	⅓ cup (a handful)

**Protein Group—5–6½ ounces total per day.**

	Appropriate Portion Size (Age 14-18)
Meat, poultry, fish, tofu . . . . .	½ cup
Dry beans and peas, cooked . . . . .	½ cup
Egg . . . . .	1 egg
Peanut butter . . . . .	2 Tablespoons
Nuts or seeds . . . . .	⅓ cup (a handful)

*\*Portion sizes and total calories vary depending on age, gender, and physical activity levels. Visit [www.healthychildren.org](http://www.healthychildren.org) to find out more about your teen's daily needs.*

**Resources for Children and Parents:**

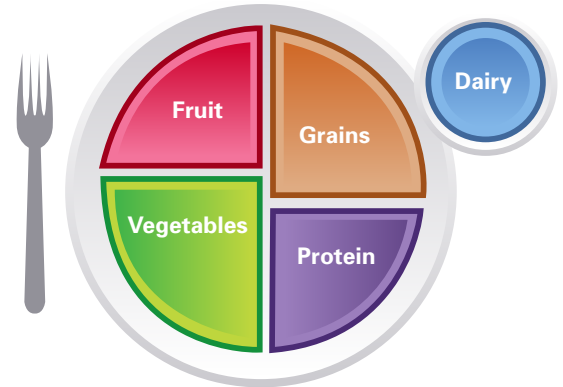
- [www.choosemyplate.gov/MyPlate](http://www.choosemyplate.gov/MyPlate)
- [www.healthychildren.org](http://www.healthychildren.org)
- American Heart Association [http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/Portion-Size-Versus-Serving-Size\\_UCM\\_304051\\_Article.jsp#.V4ZqZk2V\\_cs](http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/Portion-Size-Versus-Serving-Size_UCM_304051_Article.jsp#.V4ZqZk2V_cs)
- 2015 - 2020 Dietary Guidelines; Appendix 11
- [www.nutrition.gov/life-stages/adolescents/tweens-and-teens](http://www.nutrition.gov/life-stages/adolescents/tweens-and-teens)

# Proper Portions

Tips to control my portion size!

## Did you know...

- Portions are the amount of food offered in a package of food, at a restaurant, or the amount you choose to put on your plate.
- Eat the proper portion by using your child's hand to **measure out the age-appropriate** amount, and placing it in a **different dish**.



## Using The Child's Hand



**A Thumb =**  
Child-sized portion of low-fat cheese



**A Handful =**  
Child-sized portion of snack food



**Thumb tip =**  
Portion of fat (like butter and low-fat salad dressings)



**A tennis ball =**  
Portion of fruit or veggies



**A palm =**  
A child-sized portion of meat



**A fist =**  
A child-sized portion of starches (rice, pasta, etc.)

## Choose a goal that's right for you!

- I will use a smaller plate and give myself smaller portions
- I will use half my plate for fruits and veggies, a quarter of it for starches, and the last quarter for meats and protein
- I will measure out food in a different dish instead of eating right from the package
- I will only get second helpings of veggies
- \_\_\_\_\_

## PARENT CORNER

**IF** your child is still hungry: Try pre-feeding — give veggies 20 minutes before the actual meal.

**IF** your child eats too fast: Make it a game where your child needs to put down utensils between each bite.