

Healthy Servings

for children ages 9-13 years old

This is a general guideline for 9-13 year olds who participate in 60 minutes of moderate activity per day. Children's portion sizes and servings vary with age, gender, and level of activity.

Grain Group—5-6 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 9-13)

| | |
|--|------------|
| 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—1-1½ 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 9-13)

| | |
|------------------------------------|-------------------|
| Cooked, frozen or canned | ½ cup |
| Fresh | 1 piece |
| 100% juice | ½ - ¾ cup |
| Dried fruit | ¼ cup (a handful) |

Vegetable Group—1½ 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 9-13)

| | |
|------------------------------------|--|
| Cooked, frozen or canned | ½-1 cup |
| Raw | ½-1 cup |
| Leafy greens | 1-2 cups (equal to ½ - 1 cup vegetables) |
| Vegetable juice | ¾ cup |

Calcium Group—3 cups total per day

Appropriate Portion Size (Age 9-13)

| | |
|----------------------------------|---|
| Milk, soy milk, yogurt | 1 cup |
| Cheese | ⅓ cup grated (<i>see Proper Portions on back</i>) |
| Cooked leafy greens | ½ cup |
| Salmon, tofu | ½ cup |
| Almonds | ¼ cup (a handful) |

Protein Group—5 ounces total per day.

Appropriate Portion Size (Age 9-13)

| | |
|--------------------------------------|-----------------------|
| Meat, poultry, fish, tofu | ½ cup |
| Dry beans and peas, cooked | ½ cup |
| Egg | 1 egg |
| Peanut butter | 2 Tablespoons |
| Nuts or seeds | ¼ - ⅓ cup (a handful) |

Sources:

- www.choosemyplate.gov/MyPlate
- 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
- 2015 - 2020 Dietary Guidelines; Appendix 11.

Resources for Children and Parents:

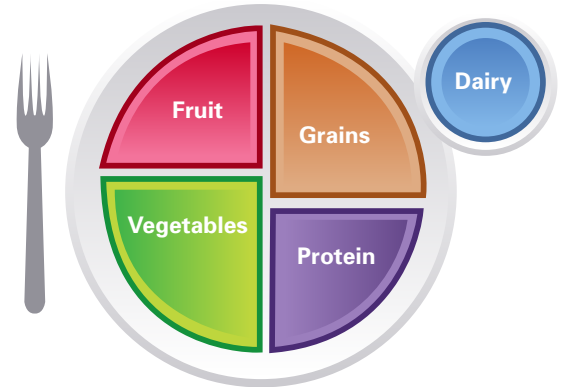
- Healthy Food Choices- www.healthychildren.org
- General Healthy Eating- www.choosemyplate.gov/kids
- Nutrition guides, tips, games and quizzes - <https://www.nutrition.gov/life-stages/adolescents/tweens-and-teens>
- Nutrition, weight, and staying healthy - <http://kidshealth.org/en/kids/stay-healthy/>

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.