

# Daily Food Guide for School-Age Children: 5 – 8 years old

See the chart below for the daily recommendations for pre-teens and teens ages 9 to 18 years old. Choosing a variety of foods from all the basic food groups helps pre-teens and teens achieve good health.

Food Group	What is a Serving?	Suggested Foods
<b>Grains</b> <b>4 to 6 servings</b>	1 slice of bread 1 medium potato ½ cup of hot cereal 1 cup of cold cereal ½ cup pasta or rice 1 pancake 4" 1 tortilla 6" (corn or flour) ½ hot dog bun ½ hamburger bun 1 mini whole wheat bagel 3 cups of popped popcorn 5 whole wheat crackers ½ English muffin	<ul style="list-style-type: none"> <li>• Make at least half of your grains whole grains</li> <li>• Look for less than 9 grams of sugar or more than 3 grams of fiber on breakfast cereals and bars</li> </ul>
<b>Vegetables</b> <b>1.5 – 2.5 servings</b>	2 cup raw spinach 1 cup cooked spinach 1 cup, chopped, raw, or cooked peppers, carrots, or broccoli 1 large raw whole tomato 3" 2 large celery stalks 11" to 12" long	<ul style="list-style-type: none"> <li>• Eat a variety of vegetables daily</li> <li>• Make half your plate fruits and vegetables</li> <li>• Serve a rainbow of colors including dark green, red, and orange vegetables</li> </ul>
<b>Fruit</b> <b>1 to 2 servings</b>	1 medium sized fresh fruit 1 cup fresh, canned or frozen ½ cup dried fruit 8 large strawberries 32 seedless grapes	<ul style="list-style-type: none"> <li>• Choose whole fruits over fruit juice</li> <li>• Rinse canned fruits before serving</li> </ul>
<b>Protein:</b> <b>3 to 5.5 oz/servings</b>	1 ounce cooked beef, fish, poultry, pork	<ul style="list-style-type: none"> <li>• Bake, broil, grill or sauté meats rather than frying</li> </ul>

## Daily Food Guide for School-Age Children *continued...*

	<p>1/4 cup cooked beans or lentils            1 egg            1 Tbsp. nut or seed butter            1/2 ounce nuts or seeds                - 12 almonds, 24 pistachios,                  7 walnut halves            1 sandwich slice of lunch meat            2 Tbsp. hummus</p>	<ul style="list-style-type: none"> <li>• Trim fat from meat and remove skin from poultry before cooking</li> <li>• Select non-breaded meats</li> </ul>
<p><b>Dairy</b>  <b>2.5 servings</b></p>	<p>1 cup (8 ounces) milk            1 cup calcium fortified soy milk            1 cup yogurt            1 1/2 - 2 ounces cheese            1/3 cup shredded cheese            2 cups low fat cottage cheese</p>	<ul style="list-style-type: none"> <li>• Serve fat-free or low-fat (1%) milk</li> <li>• Include milk or calcium fortified milk alternative with meals</li> <li>• Limit intake of drinkable yogurts, puddings, frozen yogurts and ice cream because of the high sugar content.</li> </ul>

### Helpful Tips

- Resist the temptation to give candy or sweet drinks as a reward for good behavior.
- Follow a daily routine for children’s meals and snacks.
- Share meals together as a family as often as possible and keep meals enjoyable.
- Model the healthy eating habits you want your child to use.
- Try new foods when your child is hungry by offering those foods first. Encourage your child to try the new food. It may take several attempts before the child will pick it up and try it.
- Limit fast foods and meals from restaurants.
- Do not force your child to finish their plate of food.
- Choose water and milk most often.
- Limit fruit juice to 4 ounces or less each day.
- Limit foods high in saturated fat (like butter) and choose foods higher in unsaturated fats (like olive oil).