

**Daily Dietary Guidelines for Children**

Adapted from USDA Food Guide Pyramid

	Age 2-3	Age 4-8	Age 9-13 (girls)	Age 9-13 (boys)	Age 14-17 (girls)	Age 14-17 (boys)
<b>Grains</b>	3 oz	4-5 oz	5-6 oz	6oz	6 oz	8-10 oz
<b>Vegetables</b>	1 cup	1 ½ -2 cup	2-2 ½ cups	2 ½ -3 cup	2 ½ cups	3-3 ½ cups
<b>Fruit</b>	1 cup	1-1 ½ cup	1 ½ - 2 cups	1 ½- 2 cup	2cups	2-2 ½ cups
<b>Milk/Dairy</b>	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups
<b>Meat and Beans</b>	2 oz	3-5 oz	5 oz	5-6 oz	5.5 oz	6.5-7 oz
<b>Oils/Fat</b>	3 tsp	4 tsp	5 tsp	5 tsp	6 tsp	7-8 tsp

**What constitutes a serving size?**

<p><b>Grains: Examples of a 1oz serving</b>  <i>General tip for eating grains: Make at least half your servings whole grains (brown rice, oatmeal, and whole wheat flour) instead of white rice, white bread, and white flour.</i></p> <ul style="list-style-type: none"> <li>▪ ½ cup cooked oatmeal</li> <li>▪ 1 6-inch chapatti/roti</li> <li>▪ ½ cup cooked rice</li> <li>▪ 1 3-inch idli</li> <li>▪ ½ cup cooked pasta</li> <li>▪ 1 slice of bread</li> <li>▪ 5 whole-wheat crackers</li> <li>▪ 1 square dhokla</li> </ul>	<p><b>Vegetables: Examples of a 1 cup serving</b>  <i>General tip for eating vegetables: Try to eat different color vegetables, especially dark green (spinach) and orange (carrots, sweet potato). Each color has different nutrients and vitamins.</i></p> <ul style="list-style-type: none"> <li>▪ 1 cup raw or cooked vegetables (cauliflower, cucumber, bell pepper, doodhi, okra, green beans, etc.)</li> <li>▪ 1 large sweet potato</li> <li>▪ ½ cup cooked beans (chickpeas, kidney beans, black beans)</li> <li>▪ 2 cups raw leafy greens (spinach or lettuce)</li> <li>▪ 1 large tomato</li> <li>▪ 1 cup vegetable juice</li> </ul>
<p><b>Fruit: Examples of a 1 cup serving</b>  <i>General tip for eating fruit: Eat a variety of colors of fruits every week.</i></p> <ul style="list-style-type: none"> <li>▪ 1 cup chopped fruit (mango, guava, pear, orange, etc.)</li> <li>▪ ½ cup dried fruit</li> <li>▪ 1 cup 100% fruit juice</li> <li>▪ 1 large banana</li> <li>▪ 1 small apple</li> <li>▪ 1 cup applesauce</li> <li>▪ 8 large strawberries</li> </ul>	<p><b>Milk: Examples of a 1 cup serving</b>  <i>General tip for choosing milk and dairy: Choose products that are low-fat or fat free.</i></p> <ul style="list-style-type: none"> <li>▪ 1 cup low-fat or fat free milk</li> <li>▪ 1 cup/1 8oz container of yogurt/dahi</li> <li>▪ 1 ½ oz hard cheese (cheddar, mozzarella, swiss)</li> <li>▪ 2 cups cottage cheese</li> <li>▪ 1 ½ cups ice cream</li> <li>▪ ¼ cup or 2 oz of paneer (prepared with 1% milk)</li> </ul>
<p><b>Meat and beans: Example of a 1 oz serving</b>  <i>General tips for eating meat/beans: Choose low fat or lean cuts of meat, fish with omega 3 fatty acid (salmon, herring), and use egg whites (with no cholesterol) when possible.</i></p> <ul style="list-style-type: none"> <li>▪ 1 oz cooked skinless turkey or chicken, beef, pork, or fish</li> <li>▪ 1 Tbsp peanut butter</li> <li>▪ ½ oz of nuts (12 almonds, 24 pistachios, 7 walnut halves)</li> <li>▪ ½ cup dahl</li> <li>▪ 1 egg</li> <li>▪ ¼ cup/2 oz of tofu</li> <li>▪ ½ cup cooked beans (rajma, chole)</li> </ul>	<p><b>Oils: Examples of a 1 tsp serving</b>  <i>General tips for selecting oils: Choose vegetable oils (canola, sunflower, soybean, olive), fats that are mono or poly unsaturated, and products with no trans fat or hydrogenated fats. Avoid fats that are solid at room temperature such as butter, ghee, shortening, or lard.</i></p> <ul style="list-style-type: none"> <li>▪ 1 tsp vegetable oil (1 Tbsp=3 tsp)</li> <li>▪ 1 Tbsp trans fat free margarine</li> <li>▪ 1 oz nuts</li> <li>▪ 1 Tbsp mayonnaise</li> <li>▪ 1 Tbsp salad dressing</li> </ul>