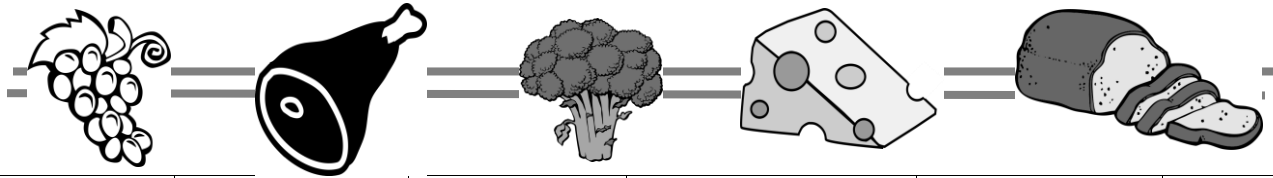




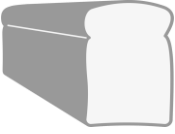


Food Group Servings For Children



Food Group	Nutrients	Health Benefits	Servings for children		Foods	Serving Size
			6-8*	9-18*		
Milk Group 	Key Nutrient: Calcium Other Nutrients: Protein Riboflavin Vitamin D	For strong bones and teeth To help blood clot	3	4	Milk	1 cup
					Yogurt	1 cup
					Cheese	1½ - 2 oz.
					Cottage Cheese	½ cup
					Pudding	½ cup
					Ice Cream, Frozen Yogurt	½ cup
					Milkshake	10 oz.
Meat Group 	Key Nutrient: Protein Other Nutrients: Iron Niacin	To build strong muscles For growth	2	2	Cooked, Lean Meat, Fish, Poultry	2-3 oz.
					Egg	1
					Peanut Butter	2 tbsp.
					Cooked, Dried Peas, Cooked, dried beans	½ cup
					Nuts, Seeds	¼ cup
Vegetable Group 	Key Nutrient: Vitamin A Other Nutrients: Vitamin C Fiber	To see in the dark For healthy skin	3	3	Cooked Vegetables	½ cup
					Chopped, Raw Vegetables	½ cup
					Raw, leafy vegetables	1 cup
					Vegetable juice	¼ cup
Fruit Group 	Key Nutrient: Vitamin C Other Nutrients: Vitamin A Fiber	To heal wounds To fight infection	2	2	Apple, Banana, Orange, Pear	1 medium
					Grapefruit	½
					Cantaloupe	¼
					Raw, Canned, or Cooked Fruit	½ cup
					Raisins, dried fruit	¼ cup

					Fruit Juice	$\frac{3}{4}$ cup
Grain Group 	Key Nutrient: Carbohydrate Other Nutrients: Iron Fiber	Carbohydrate for energy	6	6	Bread	1 slice
					Tortilla, roll, muffin	1
					Bagel, English Muffin, Hamburger bun	$\frac{1}{2}$
					Rice, pasta, cooked cereal, grits	$\frac{1}{2}$ cup
					Ready-to-eat Cereal	1 oz.
"Others" Category				Eat in Moderation	Fats, oils, spreads	1 tsp./1 tbsp.
					Candy	1 oz.
					Cookies	2 small
					Cake	1/16 cake
					Chips and other salty snacks	1 oz.
					Condiments	1 tbsp.
					Soft Drinks	12 oz.
Coffee, tea	1 cup					

*These represent minimum number of servings recommended each day for children ages 6-18. Some children may need more servings.