

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 to find out more about your teen's daily needs.*

Resources for Children and Parents:

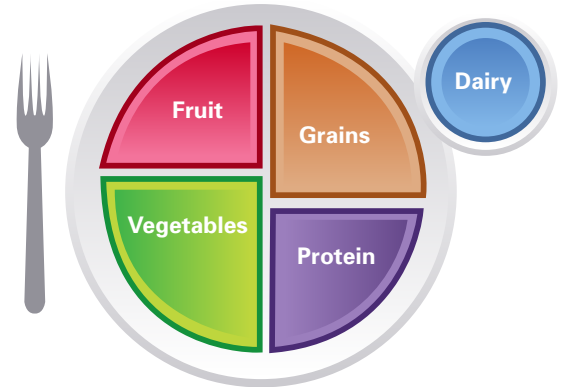
- www.choosemyplate.gov/MyPlate
- www.healthychildren.org
- American Heart Association http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HowtoMakeaHealthyHome/Portion-Size-Versus-Serving-Size_UCM_304051_Article.jsp#.V4ZqZk2V_cs
- 2015 - 2020 Dietary Guidelines; Appendix 11
- www.nutrition.gov/life-stages/adolescents/tweens-and-teens

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.