

Dietary Prescription, (Ages 11-17)

For your child's growth and good health, follow these recommendations for number of servings and serving sizes a day for each food group. To get familiar with serving sizes, use measuring cups for a few weeks. For examples of meals and snacks, see the back side of this sheet.

Food Group	Number of servings needed per day	Examples of serving sizes
Fruits	3 to 4 servings (include source of Vitamin C)	1 small fruit or 1 cup of fresh fruit ½ cup unsweetened canned fruit ¼ cup dried fruit
Vegetables	3 to 4 servings	½ cup cooked vegetables 1 cup salad or raw vegetables
Dairy	Up to 3 to 4 servings	1 cup skim or 1% milk 1 ounce cheese ¼ cup shredded cheese 6 to 8 ounces yogurt 1 string cheese
Proteins	Varies depending on serving size: 5 to 6 ounces total	3-ounce portion of lean beef, pork, chicken, turkey or fish is about the size of a deck of cards 1 ounce of protein equals: <ul style="list-style-type: none"> - ¼ cup cooked dried beans, ground meat, tuna, egg substitute or egg whites - 1 egg - 2 tablespoons peanut butter
Grains	6 to 8 servings	½ cup rice or pasta 1 slice bread ½ hamburger or hot dog bun ½ cup oatmeal or other cooked cereal 1 cup unsweetened cold cereal (less than 10 grams of sugar per serving) 1 pancake or waffle *Make at least half of the servings whole grain

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Breakfast 1

Cereal, milk, fresh fruit

Breakfast 2

Small bagel with light cream cheese and a slice of ham, berries, milk

Breakfast 3

Egg, egg substitute or egg whites scrambled with vegetables and shredded cheese, whole wheat toast, fresh orange, and milk

Breakfast 4

Oatmeal, nuts, banana, milk

Lunch 1

Cheese pizza, carrot sticks, berries, milk

Lunch 2

Whole wheat pits or wrap with turkey or chicken, lettuce, tomato or other vegetable, flavored yogurt, apple, water or milk

Lunch 3

Whole wheat deli turkey sandwich, vegetable soup, mandarin oranges, milk

Lunch 4

Hamburger on bun, fresh vegetables (carrots, cherry tomatoes, pea pods, cucumbers), melon, milk

Dinner 1

Chicken breast, brown rice, steamed vegetables, mixed green salad, milk

Dinner 2

Ground turkey taco with refried beans, cheese, vegetables (such as tomatoes, avocado, onions), salsa, low-fat sour cream, fruit salad, milk

Dinner 3

Whole grain spaghetti with meatballs, salad, steamed veggies, cantaloupe, slice of garlic bread, milk

Dinner 4

Pot roast with potatoes and carrots, whole grain dinner roll, strawberries, milk

Snack 1

Apple slices with peanut butter

Snack 2

Baked tortilla chips with salsa

Snack 3

Wheat thins, string cheese stick, grapes

Snack 4

Turkey sandwich with tomato juice or milk

Dessert

There is no dietary requirement (need to eat) for desserts and sweets. People just like them! Limit a sweet to once a day rather than once every meal. If fruit does not work for your sweet tooth, try:

- ½ cup light ice cream
- 1 cookie
- Frozen fruit bar
- ½ cup pudding
- Small portion of a dessert that you like

*For examples of serving sizes, see the front side of this sheet