



# Partners In NUTRITION

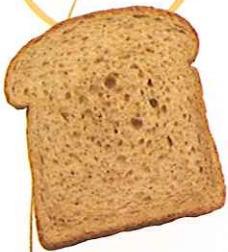
## Nutrition Reference Guide For Busy Parents: What Should Kids Eat Every Day?

Children need appropriate amounts of energy, protein, vitamins and minerals to grow and to feel their best every day. But how do parents balance a healthy diet for their children within a hectic schedule? The below tips can help make healthy eating goals a manageable, everyday practice to fit today's busy lifestyle.

### Daily Recommended Servings Based on an 1800 Calorie Diet

Children have varying daily calorie needs based on age, gender and activity level. To find the level right for your child go to [www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)

**6**  
ounces



#### Grains

- Buy whole grain breads. Make sure it's whole grain by checking that the first ingredient has "whole" in the name. Then make sure a serving provides at least 2 grams of dietary fiber.
- Serving sizes should be approximately 1 oz. —equivalent of 1 slice of bread, 1 cup of dry cereal, or ½ cup of cooked pasta or rice.

**2½**  
cups



#### Vegetables

- Vary the vegetables and choose from the rainbow of colors — dark green, light green, orange and red—to get a variety of vitamins and minerals.
- Cut up vegetables in bite size pieces for hungry little mouths. Stock up on cherry or grape tomatoes, baby carrots and pre-cut broccoli. Use them for school lunches or afternoon snacks. Slice up red peppers, cucumbers and pea pods and let children dip them into their favorite salad dressing.



**5**  
ounces

#### Meat, Poultry, Fish and Beans

- Choose lean meats and prepare them low fat. Make burgers or meatloaf with ground turkey or lean ground meat, and take the skin off poultry. Fill sandwiches with sliced turkey, ham or roast beef rather than high fat cold cuts such as bologna and salami.
- Serving sizes should be approximately 1oz. —the size of a child's fist (e.g. 1 egg, ¼ cup of dry beans, 1 tablespoon of peanut butter).

**3**  
servings



#### Dairy Foods

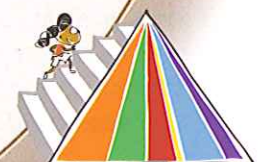
- Make it milk (fat-free or low-fat) to drink at meals, whether you eat in or out.
- Snack on dairy foods —yogurt, string cheese, or smoothies.

**1½**  
cups



#### Fruits

- Select whole fruit— fresh, canned or dried.
- Have a variety of fruit ready-to-eat—grapes, clementines, sliced kiwi, mango, apples or cubes of melon.
- Juice can be enjoyed in moderation.



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STEPS TO A HEALTHIER YOU