

Appendix A: Dietary Guidelines

Recommended Servings per Day for Youth Ages 6-8 Years

Fruit	Vegetables	Grains	Protein	Dairy
Recommended Servings per Day				
1 1/2 cups fruit	1 1/2-2 cups vegetables	5 ounces grains	4-5 ounces meat, beans or nuts	2 1/2-3 cups dairy
Example of a Full Day's Serving				
1 banana	12 baby carrots	1 cup whole grain cereal	3 ounces grilled chicken	1 cup milk
1/4 cup raisins 4-8 strawberries	1/2 large green pepper	1 mini whole grain bagel 1/2 cup cooked whole grain rice 2 slices whole grain bread	1/4 cup cooked beans	1-2 slices cheese 1 regular container yogurt

Fruit: USDA Serving Sizes

- 6-8 year-olds: 1 1/2 cups of fruit per day
- Specific amounts that count as 1 cup:
 - Whole fruits: small apple, large banana, medium grapefruit, large orange, large peach, medium pear, three medium plums, eight large strawberries, one small wedge of watermelon
 - Measured fruits: 1 cup of grapes, 1 cup of mixed fruit (fruit cocktail), 1 cup of mandarin oranges, 1 cup of pineapple, 1 cup of 100% fruit juice
 - Dried fruits: 1/2 cup of raisins, prunes, apricots, etc.
 - 4-6 ounces of 100% fruit juice

- Vitamins and minerals:
 - Vitamin A: cantaloupe
 - Vitamin C: kiwi, pineapple, strawberry
 - Potassium: banana, orange juice

Vegetables: USDA Serving Sizes

- 6-8 year-olds: 1 1/2-2 cups of vegetables per day
- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens are considered 1 cup of vegetables
- Specific amounts that count as 1 cup:
 - Dark green: 1 cup of chopped broccoli florets or three broccoli spears 5 inches long, 1 cup of cooked greens or 2 cups of raw greens
 - Red and orange: two medium carrots or 12 baby carrots, one large (3-inch diameter, 3 3/4-inch long) red pepper, one large (2 1/4-inch or more diameter) sweet potato
 - Starchy: one large (8-9 inches long) ear of corn, one medium (2 1/2-3-inch diameter) baked or boiled white potato
- Vitamins and minerals:
 - Vitamin A: Carrot, kale, pumpkin, spinach, sweet potato
 - Vitamin C: Bell pepper, broccoli, kiwi, kale
 - Vitamin D: Shitake mushroom
 - Vitamin K: Broccoli, kale, lettuce, parsley, spinach, Swiss chard
 - Potassium: Potato, tomato, vegetable juice

Grains: USDA Serving Sizes

- 6-8 year-olds: 5-ounce equivalents of grains per day (make half of your grains whole)
- Specific amounts that equal 1 ounce:
 - Breads: one mini bagel, one small (2-inch diameter) biscuit, one regular slice of sandwich bread, one small (2 1/2-inch x 1 1/4-inch x 1 1/4-inch) piece of cornbread, five whole wheat crackers, one-half English muffin, one pancake (4 1/2-inch diameter), 1 small flour or corn tortilla (6-inch diameter)
 - Grains: 1/2 cup cooked rice
 - Pasta: 1/2 cup cooked spaghetti
 - Other: 1/2 cup cooked oatmeal, one packet instant oatmeal, 3 cups popped popcorn, 1 cup flaked ready-to-eat breakfast cereal

- Vitamins and minerals:
 - Dietary fiber
 - B vitamins
 - Iron
 - Zinc
 - Magnesium
 - Selenium

Protein: USDA Serving Sizes

- 6-8 year-olds: 4-5-ounce equivalents of meat, beans and nuts per day
- Protein Equivalencies:
 - Meats: One small steak is about 3 1/2-4 ounces, one small lean hamburger is about 2-3 ounces.
 - Poultry: One small chicken breast half is about 3 ounces.
 - Seafood: One can of tuna is about 3-4 ounces., one salmon steak is about 4-6 ounces, one small trout is about 3 ounces.
 - Eggs: One egg is considered 1 ounce from the protein group, three egg whites are about 2 ounces, 3 egg yolks are about 1 ounce.
 - Nuts and seeds: 1/2 oz. of nuts or seeds, 1 tablespoon of peanut butter
 - Beans and peas: ¼ cup cooked beans is considered 1 ounce from the protein group, 1 cup split pea soup is about 2 ounces, 1 cup of lentil soup is about 2 ounces, 1 cup bean soup is about 2 ounces, one soy or bean burger patty is about 2 ounces.
- Vitamins and minerals:
 - Vitamin A: Eggs, liver
 - Vitamin D: Eggs, liver, salmon
 - Vitamin E: Almonds, peanut butter, peanuts, sunflower seeds
 - Potassium: Beans
 - Calcium: Tofu
 - Iron: Beans, beef, chicken, lentils, liver, turkey

Dairy: USDA Serving Sizes

- 6-8 year-olds: Two to three servings of dairy per day
- Specific amounts that equal 1 cup:

- Milk: 1 cup milk, 1/2 cup evaporated milk
- Milk-based desserts: 1 cup pudding made with milk, 1 cup frozen yogurt, 1 1/2 cups ice cream
- Cheese: 1 1/2 ounce hard cheese (cheddar, mozzarella, Swiss, Parmesan), 1/2 cup shredded cheese, two slices processed cheese (American), 1/2 cup ricotta cheese, 2 cups cottage cheese
- Yogurt: one regular container (8 fluid ounces)
- Almond Milk: 1 cup
- Vitamins and minerals:
 - Vitamin A: Milk
 - Vitamin D: Fortified milk and yogurt
 - Potassium: Yogurt
 - Calcium: Cheese, milk, yogurt, almond milk

Oils: USDA Serving Sizes

- 6-8 year-olds: 4 teaspoons per day
- 1 teaspoon oil, 1 tablespoon Italian dressing, 1/2 tablespoon peanut butter, 1/6 medium avocado can be considered 1 teaspoon from the oil group
- Oil Equivalencies:
 - Vegetable oils (i.e., Canola, corn, cottonseed, olive, peanut, safflower sunflower): 1 teaspoon
 - Margarine, soft (trans-fat free): 1 tablespoon contains 2 1/2 teaspoons oil
 - Mayonnaise: 1 tablespoon contains 2 1/2 teaspoons oil
 - 1/3 ounce almonds contain 1 teaspoon oil
 - 1 tablespoon Italian dressing contains 1 teaspoon oil
 - 1/2 tablespoon peanut butter contains 1 teaspoon oil
 - 1/6 medium avocado contains 1 teaspoon oil

Vitamins: Sources

- Vitamin A: Cantaloupe, carrot, cod liver oil, egg, kale, liver, milk, pumpkin, spinach, sweet potato
- Vitamin C: Bell pepper, broccoli, cantaloupe, kiwi, kale, pineapple, strawberry
- Vitamin D: Egg, fortified milk and yogurt, liver, salmon, shitake mushroom
- Vitamin E: Almond, peanut butter, peanut, sunflower seed, wheat germ oil
- Vitamin K: Broccoli, canola oil, kale, lettuce, parsley, spinach, Swiss chard

Minerals: Sources

- Potassium: Banana, bean, milk, yogurt, potato, tomato, orange juice, vegetable juice
- Calcium: Cheese, fortified orange juice, milk, tofu, yogurt, almond milk
- Iron: Bean, beef, chicken, fortified cereal, lentil, liver, turkey