

Appendix A: Dietary Guidelines

Recommended Servings Per Day for Youth Ages 12-14 Years

Fruit	Vegetables	Grains	Protein	Dairy
Recommended Servings Per Day				
2 cups of fruit	2 1/2-3 cups vegetables	6-8 ounces grains	5 1/2-6 1/2 ounces meat, beans or nuts	3 cups dairy
Example of a Full Day's Serving				
1 banana	12 baby carrots	1 cup whole grain cereal	1 cup milk	3 ounces grilled chicken
8 strawberries	1 large green pepper	1 mini whole grain bagel	2 slices cheese	1/4 cup cooked beans
	1 baked potato	1/2 – 1 1/2 cup cooked whole grain rice	1 regular container of yogurt	1/2 cup nuts
		2 slices whole grain bread		
		1 packet instant oatmeal		
		3 cups popped popcorn		

Fruit: USDA Serving Sizes

- 12-14 year-olds: 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
 - Measured fruits: 1 cup grapes, 1 cup mixed fruit (fruit cocktail), 1 cup mandarin orange, 1 cup pineapple, 1 cup 100% fruit juice
 - Dried fruits: 1/2 cup raisins, prunes, apricots, etc.
 - 4-6 ounces of 100% fruit juice

- Vitamins and minerals:
 - Vitamin A: Cantaloupe
 - Vitamin C: Kiwi, pineapple, strawberries
 - Potassium: Banana, orange juice

Vegetables: USDA Serving Sizes

- 12-14 year-olds: 2 1/2-3 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 chopped broccoli florets or 3 broccoli spears 5 inches long, 1 cup cooked greens or 2 cups raw greens
 - Red and orange: 2 medium carrots or 12 baby carrots, 1 large (3-inch diameter, 3 3/4 inches long) red pepper, 1 large (2 1/4 inches or more diameter) sweet potato
 - Starchy: 1 large (8-9 inches long) ear of corn, 1 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

- 12-14 year-olds: 6-8 ounces of grains per day (make half of your grains whole grains)
- Specific amounts that equal 1 ounce:
 - Breads: 1 mini bagel, 1 small (2-inch diameter) biscuit, 1 regular slice of sandwich bread, 1 small (2 1/2 x 1 1/4 x 1 1/4-inch) piece of cornbread, 5 whole wheat crackers, 1/2 English muffin, 1 pancake (4 1/2-inch diameter), 1 small tortilla (6-inch diameter) flour or corn
 - Grains: 1/2 cup cooked rice
 - Pasta: 1/2 cup cooked spaghetti
 - Other: 1/2 cup cooked oatmeal, 1 packet instant oatmeal, 3 cups popped popcorn, 1 cup flaked breakfast cereal

- Vitamins and minerals:
 - Whole grains have dietary fiber, B vitamins, iron, zinc, magnesium, selenium

Protein: USDA Serving Sizes

- 12-14 year-olds: 5 1/2 -6 1/2 ounce equivalents of meat, beans and nuts per day
- Protein Equivalencies:
 - Meats: 1 small steak is about 3 1/2- 4 ounces, 1 small lean hamburger is about 2-3 ounces.
 - Poultry: 1 small chicken breast half is about 3 ounces.
 - Seafood: 1 can of tuna is about 3-4 ounces, 1 salmon steak is about 4-6 ounces, 1 small trout is about 3 ounces.
 - Eggs: 1 egg is considered 1 ounce from the protein group, 3 egg whites are about 2 ounces, 3 egg yolks are about 1 ounce.
 - Nuts and seeds: 1/2 ounce of nuts or seeds, 1 tablespoon of peanut butter
 - Beans and peas: 1/4 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, 1 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, clams, lentils, liver, turkey

Dairy: USDA Serving Sizes

- 12-14 year-olds: 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 oz. 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 almond milk
- Vitamins and minerals:
 - Vitamin A: milk
 - Vitamin D: fortified milk and yogurt
 - Potassium: yogurt
 - Calcium: cheese, milk, yogurt, almond milk

Oils: USDA Serving Sizes

- 12-14 year-olds: 5-6 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 (such as canola, corn, cottonseed, olive, peanut, safflower and sun-flower): 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 ounces 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, eggs, kale, liver, milk, pumpkin, spinach, sweet potato
- Vitamin C: bell peppers, broccoli, cantaloupe, kiwi, kale, pineapple, strawberries
- Vitamin D: eggs, fortified milk and yogurt, liver, salmon, shitake mushrooms
- Vitamin E: almonds, peanut butter, peanuts, sunflower seeds, wheat germ oil
- Vitamin K: broccoli, canola oil, kale, lettuce, parsley, spinach, Swiss chard

Minerals: Sources

- Potassium: banana, beans, milk, yogurt, potato, tomato, orange juice, vegetable juice
- Calcium: cheese, fortified orange juice, milk, tofu, yogurt, almond milk
- Iron: beans, beef, chicken, fortified cereals, lentils, liver, turkey