

Daily Food Guide for Pre-teen and Teens: 9-18 years old

See the chart below for the daily recommendations for pre-teens and teens ages 9 to 18 years old. Choosing a variety of foods from all of the basic food groups helps teens achieve good health.

Food Group	Examples of a Serving	Recommended Foods
Grains <ul style="list-style-type: none"> • Boys 9-13 years: 5 to 9 servings • Boys 14-18 years: 6 to 10 servings • Girls 9-13 years: 5 to 7 servings • Girls 14-18 years: 6 to 8 servings 	1 slice of bread 1 medium potato ½ cup of hot cereal 1 cup of cold cereal ½ cup pasta or rice 1 pancake 4" 1 tortilla 6" (corn or flour) ½ hot dog bun ½ hamburger bun 1 mini whole wheat bagel 3 cups of popped popcorn 5 whole wheat crackers ½ English muffin	<ul style="list-style-type: none"> • Make at least half of your grains whole grains • Look for less than 9 grams of sugar or more than 3 grams of fiber on breakfast cereals and bars
Vegetables <ul style="list-style-type: none"> • Boys 9-13 years: 2- 3.5 servings • Boys 14-18 years: 2.5 – 4 servings • Girls 9-13 years: 1.5 -3 servings • Girls 14-18 years: 2.5 -3 servings 	2 cup raw spinach 1 cup cooked spinach 1 cup, chopped, raw, or cooked peppers, carrots, or broccoli 1 large raw whole tomato 3" 2 large celery stalks 11" to 12" long	<ul style="list-style-type: none"> • Eat a variety of vegetables daily • Make half your plate fruits and vegetables • Serve a rainbow of colors including dark green, red, and orange vegetables

Daily Food Guide for Teen *continued...*

Food Group	Examples of a Serving	Recommended Foods
Fruit <ul style="list-style-type: none"> • Boys 9-13 years: 1.5 to 2 servings • Boys 14-18 years: 2 to 2.5 servings • Girls 9-13 years: 1.5 to 2 servings • Girls 14-18 years: 1.5 to 2 servings 	1 medium sized fresh fruit 1 cup fresh, canned or frozen 1/2 cup dried fruit 8 large strawberries 32 seedless grapes	<ul style="list-style-type: none"> • Choose whole fruits over fruit juice • Rinse canned fruits before serving
Protein <ul style="list-style-type: none"> • Boys 9-13 years: 5 to 6.5 oz/servings • Boys 14-18 years: 5.5 to 7 oz/servings • Girls 9-13 years: 4 to 6 oz/servings • Girls 14-18 years: 5 to 6.5 oz/servings 	1-ounce cooked beef, fish, poultry, pork ¼ cup cooked beans or lentils 1 egg 1 Tbsp. nut or seed butter ½ ounce nuts or seeds - 12 almonds, 24 pistachios, 7 walnut halves 1 sandwich slice of lunch meat 2 Tbsp. hummus	<ul style="list-style-type: none"> • Bake, broil, grill or sauté meats rather than frying • Trim fat from meat and remove skin from poultry before cooking • Select non-breaded meats
Dairy <ul style="list-style-type: none"> • Boys 9-13 years: 3 servings • Boys 14-18 years: 3 servings • Girls 9-13 years: 3 servings • Girls 14-18 years: 3 servings 	1 cup (8 ounces) milk 1 cup calcium fortified soy milk 1 cup yogurt 1 ½ - 2 ounces cheese 1/3 cup shredded cheese 2 cups low fat cottage cheese	<ul style="list-style-type: none"> • Serve fat-free or low-fat (1%) milk • Include milk or calcium fortified soy/rice milk to meet dairy needs. • Limit intake of drinkable yogurts, puddings, frozen yogurts and ice cream because of the high sugar content.

Daily Food Guide for Teen *continued...*

Helpful Tips

- Avoid 'sugary' beverages including soda, fruit punch, lemonade, Kool-Aid and energy drinks
- Limit fruit juice to 4 ounces or less each day
- Limit foods high in saturated fat (ex: butter) and choose foods higher in unsaturated fats (ex: olive oil)
- Limit sodium to 2,300 mg per day or less
- Drink water and low-fat milk most often
- Avoid packaged foods
- Encourage your teen to join you for grocery shopping and food preparation
- Limit screen time to 2 hours or less each day
- Encourage your teen to achieve 1 hour of physical activity daily