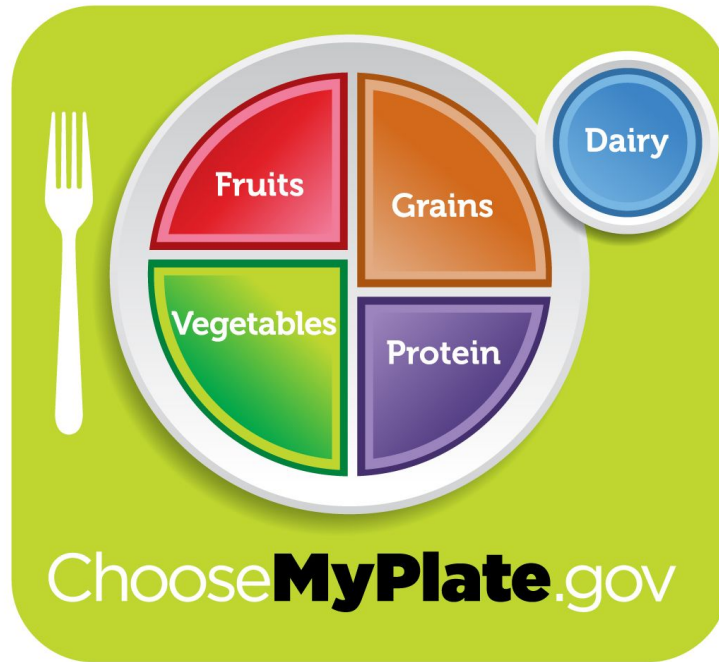


## Teen Nutrition Guide



### Recommended Servings

	<u>9-12 years old</u>	<u>13-18 years old</u>
<b>Fruits</b>	1 ½- 2 cups	1 ½ -2 cups
<b>Veg</b>	2-3 cups	2 ½ -3 cups
<b>Dairy</b>	2-3 cups	3 cups
<b>Grains</b>	5-6 servings	6 oz females, 8 oz males
<b>Protein</b>	4-6.5 oz equiv	5 oz females, 6 ½ oz males
<b>Oils/Fats</b>	4-5 tsp	5-6 tsp
<b>Fun Foods</b>	1-2 (250 kcals/day)	1-2 (300 kcals/day)

## Serving Sizes

<b>Fruits</b>	1 cup raw or cooked, 1 med pc of fruit, ¼ cup dried fruit
<b>Veg</b>	1 cup raw or cooked, 2 cups leafy salad greens
<b>Dairy</b>	1 8 oz cup milk or yogurt, 1.5 oz cheese
<b>Grains</b>	1 slice bread, ½ cup pasta, rice, cous-cous, or cereal
<b>Protein</b>	1 oz lean meat, poultry, or seafood, 1 egg, 1 tbsp peanut butter, ¼ cup cooked beans, ½ oz nuts/seeds
<b>Oils/Fats</b>	1 tsp
<b>Fun Foods</b>	1-2 (250 kcals/day)

## Recommendations

- Don't skip meals: 3 meals +1-2 snacks/day
- Eat breakfast everyday (include protein): 3 food groups
- Do some smart snacking: 2-3 food groups
- Limit added sugars to <40 g/day (1 tsp sugar = 4 g)
- Eat meals with your family
- Include 2-3 servings dairy or non-dairy source of calcium/day
- Move your body everyday
- Fuel your fitness
- Eat healthy, don't diet. Diets don't work!
- Eat when you're hungry, stop when you're full (listen to your body!)

## Healthy Snack Ideas

- Yogurt parfait: plain yogurt, fresh or frozen fruit and granola
- Avocado toast on whole grain (V)
- Homemade trail mix (cereal, nuts, dried fruit) (V)
- Chicken salad and green grapes
- All fruit popsicle and handful roasted almonds (V)
- Smoothie made with frozen berries, yogurt and milk
- Banana dipped in peanut butter (V)
- Pita chips, carrot sticks, and hummus (V)
- Whole grain waffle with strawberry cream cheese
- Rice cake with almond butter and honey (V)
- Skewered cantaloupe (or other fruit) and cheddar cheese cubes
- Tortilla chips and salsa and guacamole (V)
- Edamame in the shell (V)
- Snap peas and red peppers with Laughing Cow cheese
- Tortilla with melted cheese (quesadilla) and salsa (or add beans and avocado)
- Fresh mozzarella and tomato skewers
- Baked potato with shredded Monterey Jack cheese and salsa

- Hard-boiled egg and half an English muffin
- Low fat chocolate milk and whole grain crackers
- Oatmeal with milk and berries