

the good food guide

FOR KIDS

What your child should eat each day

After age 2, kids' nutritional requirements are pretty similar to those of grown-ups—they just don't need to eat as much food. Here are the ideal calorie counts and portions for children at different ages. Note: Some amounts are listed by week.

		TODDLERS AGES 2 TO 3	AGES 4 TO 8		AGES 9 TO 13	
			GIRLS	BOYS	GIRLS	BOYS
Calories Very active kids, add 200 to 400 calories		1,000	1,200	1,400	1,600	1,800
 Grains, etc. At least half as whole grains and foods; serve spuds with the skin on		1½ cups	2 cups	2½ cups	3 cups	3½ cups
 Vegetables		½ cup or more (including 1 cup of dark greens and ½ cup of yellow vegetables each week)	1 cup or more (including 1½ cups of green and 1 cup of yellow each week)		1½ cups (incl. 2 cups green and 1½ cups yellow each week)	2 cups (incl. 3 cups green and 2 cups yellow each week)
 Fruit For all kids, at least half as whole fruit; no more than 6 ounces a day of fruit juice		¾ cup or more	1 cup or more			
 Low-fat dairy Milk (the best choice), yogurt, cheese, or nondairy alternatives such as rice or soy milk		2 cups			2 to 3 cups	
 Lean meat, poultry, seafood, eggs		2 oz	3 oz	4 oz	5 oz	5 oz
 Beans, peas, soy, nuts		Beans, etc. About 2 Tbs (a cup a week)	About 4 Tbs (2 cups a week)		5 Tbs (2½ cups a week)	7 Tbs (3 cups a week)
		Nuts About 1 tsp as nut butters*	About 1 Tbs		About 1½ Tbs	
 Plant oils (olive, canola, seed and nut oils)		About 1 Tbs	About 1½ to 2 Tbs (more for active kids, who can use the calories)			
Eat-sparingly foods 		Saturated & trans-fats Up to 1 Tbs plus 1 tsp	Less than 2 Tbs		About 2 Tbs	
		Added sugars Up to 5 tsp (less than one soda)			Up to 6 tsp	Up to 8 tsp

*Spread thinly on bread (to avoid choking) and don't introduce until they're 3 (to prevent peanut allergies); no whole nuts until age 7.