

Laura Poland RDN, LD

Let's Get Cooking!

Food Groups: Nutrition for Kids 4 to 14 Years Old

How much should you eat?

- Grain group: 4-6 servings/day
- Vegetable group: 1½-2½ cups (C)/day
- Fruit group: 1-1½ C/day
- Milk group: 2-3 servings/day
- Meat/bean group: 4-6 servings/day
- Oil: 4-5 teaspoons/day

What is a serving?

Make half of your grains whole grains

- 1 slice of bread
- 1 C of cold cereal
- ½ C of cooked cereal
- ½ C of cooked rice
- ½ C of cooked pasta

Vary your vegetables

- 1 C of raw or cooked vegetables
- 2 C of raw, leafy greens

Focus on fruits

- 1 C of fruit
- 1 C of 100% fruit juice
- ½ C of dried fruit

Choose fat-free or low-fat milk and dairy products most often

- 8 fluid ounces of milk
- 1 C of yogurt
- 1 C of pudding
- 1½ ounces (oz) of natural cheese
- 2 oz of processed cheese

Eat beans and low-fat or lean meats

- 1 oz of meat, poultry, or fish
- ¼ C of cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ oz of nuts

Get most oils from fish, nuts, and liquid oils

Oils are not a food group, but some are needed for good health.

What are some good snacks for kids?

- **Snack kebobs with yogurt (dip):** Skewer raw vegetables and fruit pieces onto thin pretzel sticks (grain, vegetable, fruit, milk)
- **Banana pops:** Dip a peeled banana in yogurt, roll in crushed cereal, and freeze (grain, fruit, milk)
- **Sandwich cutouts:** Using fun-shaped cookie cutters, cut slices of cheese, meat, and whole-grain bread, and assemble sandwiches (grain, milk, meat/bean)
- **Salsa quesadillas:** Fill a soft tortilla with cheese and salsa, fold over, and grill (grain, vegetable, milk)
- **Ants on a log:** Fill celery with peanut butter and arrange raisins along the top (vegetable, fruit, meat/bean)

Not sure if you are on the right track?

You may benefit from individual nutrition counseling. Contact Laura Poland RDN, LD at laurapolandrd@gmail.com or 614-270-3987 for referrals for individual counseling services.

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