

WEEKLY

FOOD GUIDE

for kids

FRUITS - 1 CUPS PER DAY - 7 CUPS PER WEEK

- [fresh, frozen, or juice - oranges, apples, bananas, grapes, etc.]

VEGETABLES - 1-1.5 CUPS PER DAY - 7-10.5 CUPS PER WEEK

- 1/2-1 CUPS OF DARK GREEN VEGETABLES PER WEEK
[broccoli, kale, spinach, romaine, turnip & mustard greens, etc.]
- 2.5-3 CUPS OF RED/ORANGE VEGETABLES PER WEEK
[tomatoes, tomato juice, red peppers, sweet potatoes, carrots, etc.]
- 1/2 CUP OF LEGUMES PER WEEK
[kidney, white, black & pinto beans, edamame, split peas, etc.]
- 2-3.5 CUPS OF STARCHY VEGETABLES PER WEEK
[white potatoes, corn, lima beans, etc.]
- 1.5-2.5 CUPS PER WEEK OF OTHER VEGETABLES PER WEEK
[green beans, onions, cucumbers, mushrooms, zucchini, etc.]

DAIRY - 2-2.5 CUPS PER DAY - 14-17.5 CUPS PER WEEK

- [milk, yogurt, frozen yogurt, cheeses, etc.]

PROTEIN - 2-3 OUNCES PER DAY - 14-21 OUNCES PER WEEK

- 3-4 OUNCES OF SEAFOOD PER WEEK
- 10-14 OUNCES OF MEAT, POULTRY, EGGS
- 2 OUNCES OF NUTS OR SOY

GRAINS - 3-4 OUNCES PER DAY - 21-28 OUNCES PER WEEK

- 1.5-2 OUNCES OF WHOLE GRAIN PER DAY - 11-14 OUNCES PER WEEK
[1 slice of bread = 1 ounce]
[whole wheat bread, whole grain cereal, oatmeal, quinoa, popcorn, etc.]