

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

Recommended Daily Food Group Amounts for Boys and Girls, Ages 2 to 18

Girls							
Age	Grains	Fruits	Vegetables	Dairy Foods	Meat, Chicken, Fish, Eggs	Fats	Total Daily Calories
2	3 oz.	1 cup	1 cup	2 cups	2 oz.	3 tsp.	1,000
3	4 oz.	1 cup	1½ cups	2 cups	3 oz.	4 tsp.	1,200
4-6	5 oz.	1½ cups	1½ cups	2 cups	4 oz.	4 tsp.	1,400
7-9	5 oz.	1½ cups	2 cups	3 cups	5 oz.	5 tsp.	1,600
10-11	6 oz.	1½ cups	2½ cups	3 cups	5 oz.	5 tsp.	1,800
12-18	6 oz.	2 cups	2½ cups	3 cups	5½ oz.	6 tsp.	2,000

These amounts are based on moderate activity level; to learn more, go to mypyramid.gov.

Boys							
Age	Grains	Fruits	Vegetables	Dairy Foods	Meat, Chicken, Fish, Eggs	Fats	Total Daily Calories
2	3 oz.	1 cup	1 cup	2 cups	2 oz.	3 tsp.	1,000
3	5 oz.	1½ cups	1½ cups	2 cups	4 oz.	4 tsp.	1,400
4-5	5 oz.	1½ cups	1½ cups	2 cups	4 oz.	4 tsp.	1,400
6-8	5 oz.	1½ cups	2 cups	3 cups	5 oz.	5 tsp.	1,600
9-10	6 oz.	1½ cups	2½ cups	3 cups	5 oz.	5 tsp.	1,800
11	6 oz.	2 cups	2½ cups	3 cups	5½ oz.	6 tsp.	2,000
12-13	7 oz.	2 cups	3 cups	3 cups	6 oz.	6 tsp.	2,200
14	8 oz.	2 cups	3 cups	3 cups	6½ oz.	7 tsp.	2,400
15	9 oz.	2 cups	3½ cups	3 cups	6½ oz.	8 tsp.	2,600
16-18	10 oz.	2½ cups	3½ cups	3 cups	7 oz.	8 tsp.	2,800

These amounts are based on moderate activity level; to learn more, go to mypyramid.gov.