

School-age Children – *Think ½ cup size portions*



Limit high-fat foods and sweets as much as possible – they will only displace more nutrient dense foods from the diet and cause nutrient deficiencies at the expense of excess calories. Protein and complex carbohydrates are very important for the right fuel. Calorie needs will be based upon a range and decided by their activity level. If children are very active their calorie needs would be on the upper end of the range and if mainly sedentary then on the lower end of the range.

5-11 year olds: 1,400 to 2,000 calories per day

5-6 ounces grain (at least ½ should be whole grains)

2 cups vegetable

1 ½ cups fruit

5 ounces protein

3 cups dairy

4 Tbsp oils (max per day)