

Teens (Middle and High Schoolers) – *Think 1 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. This age group typically consumes a diet without enough calcium or protein to meet their needs. Calorie needs are based upon activity level and gender (active boys tend to need the high end of the range).

12-18 year olds: 1,600 to 3,000 calories per day

6 ounces grain (at least $\frac{1}{2}$ should be whole grain)

3 cups vegetable

2 cups fruit

5-6 ounces protein

3 cups dairy

5-6 Tbsp oils (max per day)