**Section 390.TABLE B Daily Nutritional Requirements By Age Group**

Average Size Serving of Food for Various Age Levels

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| Food Group | No. of Servings Per Day | Size of Servings Per Age Group |
| 1-2 Yrs | 2-4 Yrs. | 4-6 Yrs. |
| \*Milk and Milk Products | 4 | ½ cup | ½ to ¾ | ¾ to 1 cup |
| \*\*Meat Group | At least 3 |  |  |  |
| Lean meat, fish, poultry |  | 2 tbsp. | 2-4 tbsp. | 2-3 oz. |
| Eggs |  | 1 | 1 | 1 |
| Natural or Processed Cheese |  | 1 oz. | 1 oz. | 2 oz. |
| Cottage Cheese |  | 1-2 tbsp. | 2-4 tbsp. | ¼-½ cup |
| Dried Peas, Beans |  | 1-2 tbsp. | 2-4 tbsp. | ¼-½ cup |
| Peanut Butter |  | None | 1 tbsp. | 1-2 tbsp. |

\* Cheese and ice cream may be used to replace part of the milk. Equivalents, figured on the basis of calcium, are as follows:

 1 inch cube cheddar cheese = ½ cup milk

 2/3 cup of cottage cheese = ½ cup milk

 1 cup ice cream = ½ cup milk

 If cheese is used as a serving of milk, it may not be also counted as a serving of protein in the meat group.

 Milk should be fortified with Vitamin D or Vitamin D prescribed as a supplement by the attending physician.

\*\* Liver is an excellent source of Vitamin A and Iron. It is recommended, but not required, that liver be served at least once a week.

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| Food Group | \*No. of Servings Per Day | Size of Servings Per Age Group |
| 6-12 Yrs | 12-18 Yrs | 18 Yrs & Over |
| \*\*Milk and Milk Products | 4 | 1 cup | 1 cup | 1 cup – 2 or more servings (Minimum of 16 oz. per day) |
| \*\*\*Meat Group | At least 3 |  |  |  |
| Lean meat, fish, poultry |  | 3-4 oz. | 4 oz. or more | 2-3 oz. (Minimum of six (6) ounces) |
| Eggs |  | 1 | 1 or more |  |
| Natural or Processed Cheese |  | 2-3 oz. | 3 oz. or more |  |
| Cottage Cheese |  | ½ cup | ½ cup or more |  |
| Dried Peas, Beans |  | ½-¾ c. | ¾ cup or more |  |
| Peanut Butter |  | 2-3 tbsp. | 3 tbsp. |  |

\* Number of Servings vary for age 18 and over. Note differences under that age category.

\*\* Cheese and ice cream may be used to replace part of the milk. Equivalents, figured on the basis of calcium, are as follows:

1 inch cube cheddar cheese = ½ cup milk

2/3 cup of cottage cheese = ½ cup milk

1 cup ice cream = ½ cup milk

If cheese is used as a serving of milk, it may not be also counted as a serving of protein in the meat group.

Milk should be fortified with Vitamin D or Vitamin D prescribed as a supplement by the attending physician.

\*\*\* Liver is an excellent source of Vitamin A and Iron. It is recommended, but not required that liver be served at least once a week.

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|  | Fruit and Vegetable Group |
|  | 5-9 Months |
| Do not begin before 5 months |  |
|  | Plain, strained spinach, green beans, peas, carrots, squash, asparagus, beets. (No fats) |
| Start with vegetables. Introduce one at a time. Start with a teaspoon and increase to 1-4 tablespoons fruit and a vegetable two times daily. Do not add salt or sugar. | Strained, unsweetened fruit juices, such as apple or cherry, at first 2-3 ounces with equal parts of water. Increase to ½ cup by 6 months. Begin strained fruits such as apricot, peach, pear, apple sauce, mashed ripe banana, about 1 month after vegetables. Delay orange juice until six (6) months. |
|  | 9-12 MonthsContinue a variety of vegetables, including white potatoes, and a variety of fruits. May offer small pieces of raw, ripe peeled fruits as finger foods. Do not give berries or other fruits with seeds, pits or their skin. |
|  | Bread and Cereal Group |
| Do not begin before 4 months | 4-6 Months |
| 1-4 tablespoons cereal daily | Infant cereals – rice, oatmeal, barley, mix and then with iron-fortified formula. |
|  | 6-9 MonthsContinue infant cereal. May give mixed infant cereals after plain has been given for a period of time. May add dry toast, melba toast, Zwieback or crackers for teething. |
|  | 9-12 MonthsContinue a variety of infant cereals and breads. Unsweetened, adult-type cereals may be used as finger foods. |
|  | \*NOTE | The American Academy of Pediatrics and other leaders in infant feeding practices recommend that solid foods be delayed until 4 to 6 months for the following reasons: |
|  | 1. | Added calories from solid foods may cause babies to be overweight. |
|  | 2. | Solid foods given too soon may replace intake of important nutrients from breast milk or iron fortified formula. |
|  | 3. | Food allergies appear more often among infants who receive solid foods very early. |
|  | 4. | Infant's digestive system may not easily manage solid foods at an early age. |
|  | The information on feeding the infant from birth to one year is a guideline to follow in the event the attending physician/pediatrician does not prescribe a feeding schedule in regard to kinds and amounts of food to be served at the various age levels. |
|  | Offer baby unsweetened, cooled, boiled water three to four times a day. This is especially important in hot weather. |
|  | Reference: American Academy of Pediatrics Committee on Nutrition, "On the Feeding of Supplemental Foods to Infants," Pediatrics, Vol. 65, No. 6, June 1980. |

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|  | No. of Servings  | Size of Servings Per Age Group |
| Food Group | Per Day | 1-2 Yrs | 2-4 Yrs. | 4-6 Yrs. |
| Fruit and Vegetable Group | At least 2 fruits and 3 vegetables |  |  |  |
| Vitamin C Source | 1 or more | ⅓-½ cup | ½ cup | ½ cup |
| Vitamin A Source | 1 or more | 2-3 tbsp. | 3-4 tbsp. | ¼-⅓ cup |
| Other VegetablesAsparagus, green beans, wax beans, beets, cauliflower, corn, peas, potatoes |  | 2-3 tbsp. | 3-4 tbsp. | ¼-⅓ cup |
| Other FruitsApple, banana, peach, pear, pineapple, plums |  | ¼ cup or equal in whole fresh fruit | ⅓-½ cup or equal in whole fresh fruit | ½ cup or equal in whole fresh fruit |

Good sources of Vitamin C fruits and vegetables: grapefruit, grapefruit juice, orange, orange juice, cantaloupe, raw strawberries, broccoli, brussel sprouts, green pepper, sweet red pepper.

Fair Source of Vitamin C (need twice as much as a good source): raw cabbage, collards, kale, kohlrabi, mustard greens, potatoes, spinach, tomatoes, tomato juice, turnip greens.

Good source of Vitamin A fruits and vegetables: apricots, broccoli, cantaloupe, carrots, chard, collards, kale, persimmon, pumpkin, spinach, sweet potato, turnip greens, and other dark green leafy vegetables, winter squash.

NOTE: To insure variety, any vegetable or fruit repeated for the day shall not be counted as one of the required number of servings in the fruit and vegetable group.

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| --- | --- | --- |
|  | No. of Servings  | Size of Servings Per Age Group |
| Food Group | Per Day | 6-12 Yrs | 12-18 Yrs | 18 Yrs & Over |
| Fruit and Vegetable Group | At least 2 fruits and 3 vegetables |  |  |  |
| Vitamin C Source | 1 or more | ½ cup | ½ cup | ½ cup (1 or more servings) |
| Vitamin A Source | 1 or more | ⅓-½ cup | ½-¾ cup | ½ cup (1 or more servings) |
| Other VegetablesAsparagus, green beans, wax beans, beets, cauliflower, corn, peas, potatoes |  | ⅓-½ cup | ½-¾ cup | ½ cup |
| Other FruitsApple, banana, peach, pear, pineapple, plums |  | ½ cup or equal in whole fresh fruit | ½ cup or equal in whole fresh fruit | ½ cup or equal in whole fresh fruit |

Good sources of Vitamin C fruits and vegetables: grapefruit, grapefruit juice, orange, orange juice, cantaloupe, raw strawberries, broccoli, brussel sprouts, green pepper, sweet red pepper.

Fair Source of Vitamin C (need twice as much as a good source): raw cabbage, collards, kale, kohlrabi, mustard greens, potatoes, spinach, tomatoes, tomato juice, turnip greens.

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NOTE: To insure variety, any vegetable or fruit repeated for the day shall not be counted as one of the required number of servings in the fruit and vegetable group.

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| --- | --- | --- |
|  | No. of Servings  | Size of Servings Per Age Group |
| Food Group | Per Day | 1-2 Yrs. | 2-4 Yrs. | 4-6 Yrs. |
| Bread and Cereal Group | 4 or More |
| Bread | ½-1 slice | 1-1½ slices | 1½-2 slices |  |
| Cooked Cereal | ¼-⅓ cups | ⅓-½ cups | ½ cups |  |
| Ready to eat Cereal | ½-¾ oz. | ¾-1 oz. | 1 oz. |  |
| Rice, Macaroni, Spaghetti, Other Pasta | ¼-⅓ cups | ⅓-½ cups | ½ cups |  |
| Butter or Margarine | 1-4 Tbsp. (Used as Spreads & in cooking) | 1 tbsp. | 1 tbsp. | 1 tbsp. |
| 1 tablespoon butter, margarine = 135 calories. |
| Other Foods | To meet calorie needs, round out meals, satisfy individual appetites and improve flavor. |
| Dessert and Sweets |
| Ice Cream |
| Gelatin dessert |
| Pudding, custard |
| Cookies, cake pie |
| Jellies, jams |
| Honey, syrup, sugar |
| Portion of desserts and sweets will vary with the age of the child. |
| Fats |
| Mayonnaise, oil (1 tbsp. mayonnaise = 135 calories) |
| Bacon (1 strip bacon = 45 calories) |

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|  | No. of Servings  | Size of Servings Per Age Group |
| Food Group | Per Day | 6-12 Yrs. | 12-18 Yrs. | 18 Yrs & Over. |
| Bread and Cereal Group | 4 or More |
| Bread |  | 2 slices | 2 slices | 1-2 slices |
| Cooked Cereal |  | ½-¾ cups | ¾-1 cup | ½ cup |
| Ready to eat Cereal |  | 1 oz. | 1 oz. | 1 oz. |
| Rice, Macaroni, Spaghetti, Other Pasta |  | ½-¾ cups | ¾-1 cup | ½ cup |
| Butter or Margarine | 1-4 Tbsp. (Used as Spreads & in cooking) | 2 tbsp. | 2-4 tbsp. | 2 or more |
| 1 tablespoon butter, margarine = 135 calories. |
| Other Foods | To meet calorie needs, round out meals, satisfy individual appetites and improve flavor. |
| Dessert and Sweets |
| Ice Cream |
| Gelatin dessert |
| Pudding, custard |
| Cookies, cake pie |
| Jellies, jams |
| Honey, syrup, sugar |
| Portion of desserts and sweets will vary with the age of the child. |  |
| Fats |
| Mayonnaise, oil  | (1 tbsp. mayonnaise = 135 calories) |
| Bacon | (1 strip bacon = 45 calories) |