

## Healthy Feeding for your Child (12 Years Old and Older)

### Meals away from home:

- Ask your child if the school serves breakfast at school. Your child may be eating two breakfasts.
- Ask your child what they ate at lunch. Some children skip lunch or go off campus and eat junk food.
- Snacks are important especially if meals are late because of their after school activities.

### Foods to Avoid:

- **High-fat foods:** Fried foods including chips like Taki's, french fries, or fast food.
- **Foods that cause cavities:** Soda, gum, hard candies, and jelly beans.
- **Sugar-sweetened beverages:** These drinks fill children up without giving them calcium or anything healthy.
- **Caffeinated beverages:** Many caffeinated drinks have lots of sugar and calories.

### Servings by Meal:

**Breakfast:** Try a fruit/vegetable, grain and milk OR try a fruit/vegetable, grain and meat or other protein.

**Lunch:** Try for a serving from every food group: milk, a fruit/vegetable, a grain and a meat or other protein.

**Dinner:** Aim for a serving from every food group: milk, a fruit/vegetable, a grain and a meat or other protein.

**Snacks:** Limit to 1 a day, 2 a day if active. Mix it up so that you get the total daily servings from every food group.

### Sample Menu:

**Breakfast:**  $\frac{3}{4}$  cup Cheerios,  $\frac{1}{2}$  cup low-fat milk, 1 slice whole wheat toast, 1 tablespoon peanut butter, 1 small orange, 1 cup water

**Lunch:** Turkey sandwich: 2 slices whole wheat bread, 1 ounce turkey, 1 slice mozzarella cheese, 1 tablespoon reduced-calorie mayonnaise, 1 medium banana, 6 baby carrots, 1 cup water

**Dinner:** 1 cup mixed leafy green vegetables, 2 tablespoons low-fat Italian dressing, 3 ounces roasted, skinless chicken,  $\frac{1}{2}$  cup steamed rice,  $\frac{1}{2}$  cup broccoli,  $\frac{1}{2}$  cup frozen low-fat yogurt 1 cup water

**Snacks:** 4 graham cracker squares, 1 medium pear, 1 ounce string cheese

## Serving Sizes for 12-year-old Children and Up

Food Groups	Servings Per Day	Example	Serving size
<b>Grains and Starches</b>	4-6	Bread Slice	1
		Bun or Bagel	½
		Tortilla (Corn)	1
		Crackers	6-8
		Cereal	1 cup
		Rice	½ - ¾ cup
		Pasta	½- ¾ cup
		Potatoes or Corn	½ - ¾ cup
<b>Fruits</b>	2-4	Small Fruit (e.g. Plum)	1 small
		Cooked or Canned	½ cup
		Juice	½ cup (No more than 4-6 oz. per day)
<b>Vegetables</b>	2-4	Raw, Cooked or Canned	½ cup
		Leafy Greens	1 cup
<b>Dairy</b>	4	Low Fat Milk	1cup
		Yogurt	¾ - 1 cup
		Cottage Cheese	½ - ¾ cup
		Low Fat Cheese	1 oz.
<b>Meat and Other Protein Foods</b>	5-6	Lean Meat, Chicken, Fish	2 oz.
		Beans (e.g. Pinto, Black)	½ cup
		Egg	1
<b>Fats</b>	4	Oil or Margarine	1 teaspoon

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