

Healthy meal planning for children at different age groups

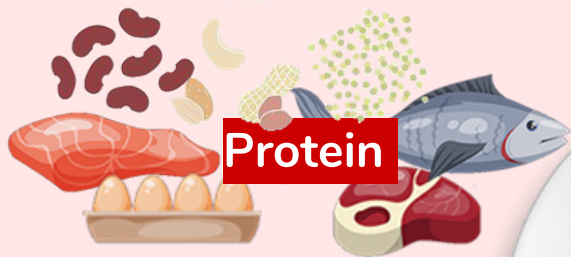
Vary your protein choices

Health Tip:

Incorporate plant and animal protein during the week.

Examples:

- ★ Plant protein: Almonds, walnut, sunflower seeds, peanut butter, lentil, black beans
- ★ Animal protein: poultry, fish, eggs, lean meat, salmon, Steak, tuna, lamb.



Protein

Vary your vegetables- more color

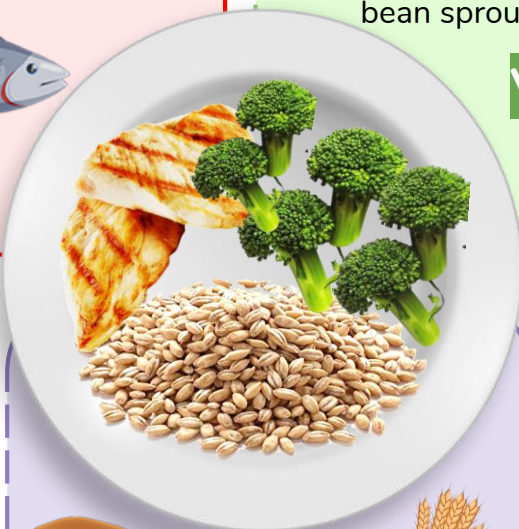
Health Tip:

Try to consume from all 5 subgroups weekly.

Examples:

1. Dark-leafy: Broccoli, spinach, lettuce, kale
2. Red & orange: carrots, pumpkin, tomatoes, red peppers
3. Beans & peas: black beans, soy beans, kidney beans
4. Starchy: corn, peas, potatoes
5. Other vegetables: mushrooms, cabbage, bean sprouts, celery

Vegetables



Grains



Make your grains half grains

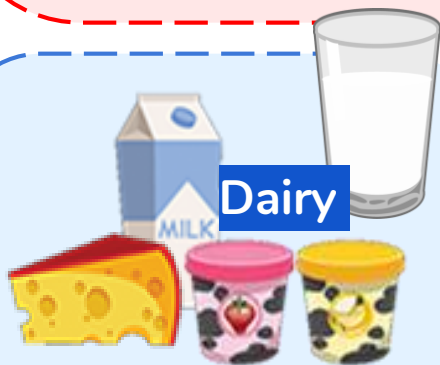
Health Tip:

Consume whole grains or whole wheat products.

Examples:

Whole wheat bread or pasta, brown rice, oatmeal, cereal, tortilla, etc.

Dairy



Focus on dairy products with reduced fat

Health Tip:

Choose dairy products with reduced fat.

Examples:

Cheese, lactose-free or low fat milk, yogurt

Dairy alternatives: calcium-fortified almond or soy milk

Fruits



Focus on whole fruit

Health Tip:

Choose a variety of fresh or frozen whole fruits.

Examples:

Banana, strawberry, orange, apple, grapes, cantaloupe, pineapple, etc.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



[youtube.com/AAMGDoctors](https://www.youtube.com/AAMGDoctors)

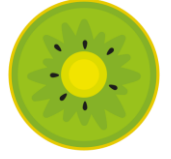


[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)

Healthy meal planning for children at different age groups



Different age groups require different portions for proper nutrition. To provide adequate nutrients to your children, please refer to the chart below for guidance.



	0-5 months	6-11 months	Food Groups	Ages 1-2	Ages 3-5	Ages 6-18
Breakfast	4-6 fl oz breast milk or formula	→ 6-8 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-4 tbsp infant cereal, yogurt, meat, whole eggs, cooked beans or peas → 0-2 oz cheese	Dairy	½ cup	¾ cup	1 cup
			Vegetables, Fruits or both	¼ cup	½ cup	½ cup
			Grains	½ oz eq.	½ oz eq.	1 oz eq.
Lunch or supper	4-6 fl oz breast milk or formula	→ 6-8 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-4 tbsp infant cereal, yogurt, meat, whole eggs, cooked beans or peas → 0-2 oz cheese	Dairy	½ cup	¾ cup	1 cup
			Proteins	1 oz	1 ½ oz	2 oz
			Vegetables	⅛ cup	¼ cup	½ cup
			Fruits	⅛ cup	¼ cup	¼ cup
			Grains	½ oz eq	½ oz eq	1 oz eq
Snack	4-6 fl oz breast milk or formula	→ 2-4 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-½ slice of bread or 0-2 crackers → 0-4 tbsp infant cereal	Dairy	½ cup	1 cup	1 cup
			Proteins	½ oz	1 oz	1 oz
			Vegetables	½ cup	½ cup	¾ cup
			Fruits	½ cup	½ cup	¾ cup
			Grains	½ oz eq	½ oz eq	1 oz eq

*Serving sizes are of minimum requirement. Daily requirements are based on different sex and physical activities level.
1 cup= 8 fl. oz.

Please consult with your doctor or dietitian if you have any questions about children nutrition.