

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RDN/NDTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Nutrition for School-Age Children

### Foods Recommended

- **Whole grain foods:** At least half (3 ounces) of the grains eaten daily should be whole grains.
  - On food labels, look for a whole grain (such as whole wheat, brown rice, or whole oats) as the first ingredient on the ingredients list.
- **Calcium-rich foods:** Your child should drink 2 to 3 cups of fat-free or low-fat milk or eat the equivalent amount of low-fat yogurt and/or cheese every day.
- **Fruits:** Aim for 1½ to 2 cups of fruits daily.
  - Choose fruits that are fresh, frozen, canned, or dried.
  - 1 cup of 100% fruit juice is equivalent to 1 cup of fruit.
- **Vegetables:** Aim for at least 1½ cups of a variety of vegetables daily.
  - Include dark-green vegetables (such as spinach, broccoli, and kale) and orange vegetables (such as carrots, sweet potatoes, and pumpkin).
- **Protein foods:** Choose lean cuts of meat, poultry, and fish prepared without additional fat or oil (for example, baked, broiled, or grilled), nuts, beans, and lentils.

### Foods Not Recommended

- **High-fat foods:** Avoid foods with more than 30% of calories from fat.
  - Read the Nutrition Facts label on foods to determine the percentage of calories from fat.
- **Foods that cause dental cavities:** Avoid carbonated soda, gum, hard candies, and jelly beans.
- **Sugar-sweetened beverages:** These drinks fill children up without providing calcium or other healthy nutrients.
- **No-calorie sweeteners:** Although they are safe for adults and children, sugar-free products can fill your child up and make them less hungry for healthier foods and drinks.
- **Caffeinated beverages:** Caffeine can cause dehydration and restlessness. Also, many caffeinated drinks are high in sugar and calories and may replace healthier beverage choices.

Notes:

## School Age Children Sample 1-Day Menu

Meal	Menu
Breakfast	3/4 cup Cheerios 1 slice whole-wheat toast 1 tablespoon peanut butter 1/2 cup 100% orange juice 1/2 cup low-fat milk
Lunch	2 slices whole-wheat bread 1 slice mozzarella cheese 1 tablespoon reduced-calorie mayonnaise 1 medium banana 6 baby carrots 1 cup water
Afternoon Snack	1 medium pear 1 ounce string cheese
Dinner	1 ounce roasted, skinless chicken 1/2 cup steamed rice 1/2 cup broccoli 2 tablespoons low-fat Italian dressing 1/2 cup frozen yogurt 1 cup water
Evening Snack	1 medium apple 1 ounce low-fat cheese

Notes:

## Sample Meal Plan

Use this form to create an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: