

DAILY NUTRITION GUIDELINES FOR TEENS

FRUITS

1 1/2 - 2 cups

1/4 of small melon
1 apple



GRAINS

6-8 servings

1 whole grain slice of bread = 1 serving
1 large bagel = 4 servings



DAIRY

3 cups

yogurt, milk, 2 ounces of cheese



VEGETABLES

2 1/2 - 3 cups

cooked vegetables or 6 cups of raw
leafy greens



PROTEIN

46-52 grams

1/4 cup of beans, 1/2 ounce of nuts,
1 egg, 1 ounce of meat or seafood



EMPTY CALORIES

Avoid empty calories, they
have little to no nutrients

