

Table 16B. Daily Estimated Calories and Recommended Servings for Grains, Fruits, Vegetables, and Milk/Dairy

	1 Year	2–3 Years	4–8 Years	9–13 Years	14–18 Years
Calories [†]	900 kcal	1000 kcal			
Female			1200 kcal	1600 kcal	1800 kcal
Male			1400 kcal	1800 kcal	2200 kcal
Fat	30%–40% kcal	30%–35% kcal	25%–35% kcal	25%–35% kcal	25%–35% kcal
Milk/dairy [‡]	2 cups [¶]	2 cups	2 cups	3 cups	3 cups
Lean meat/beans	1.5 oz	2 oz		5 oz	
Female			3 oz		5 oz
Male			4oz		6 oz
Fruits [§]	1 cup	1 cup	1.5 cups	1.5 cups	
Female					1.5 cups
Male					2 cups
Vegetables [§]	¾ cup	1 cup			
Female			1 cup	2 cups	2.5 cups
Male			1.5 cups	2.5 cups	3 cups
Grains	2 oz	3 oz			
Female			4 oz	5 oz	6 oz
Male			5 oz	6 oz	7 oz

*Calorie estimates are based on a sedentary lifestyle. Increased physical activity will require additional calories: by 0-200 kcal/d if moderately physically active; and by 200–400 kcal/d if very physically active.

†For youth 2 years and older; adopted from Table 2, Table 3, and Appendix A-2 of the *Dietary Guidelines for Americans* (2005); <http://www.healthierus.gov/dietaryguidelines>. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of food in each group (eg lean meats, and fat-free milk).

‡Milk listed is fat-free (except for children under the age of 2 years). If 1%, 2% or whole-fat milk is substituted, this will utilize, for each cup, 19, 29, 94 63 kcal of discretionary calories and add 2.6, 5.1, or 9.0 g of total fat, of which 1.3, 2.6, or 4.6 g are saturated fat.

§Serving sizes are ¼ cup for 1 year of age, 1/3 cup for 2 to 3 years of age, and ½ cup for ≥4 years of age. A variety of vegetables should be selected from each subgroup over the week.

|| Half of all grains should be whole grains.

¶For 1-year-old children, calculations are based on 2% fat milk. If 2 cups of whole milk are substituted, 48 kcal of discretionary calories will be utilized. The American Academy of Pediatrics recommends that low-fat/reduced fat milk not be started before 2 years of age.

Gidding SS, Dennison BA, Birch LL, et al. Dietary recommendations for children and adolescents: a guide for practitioners. Consensus statement from the American Heart Association. *Circulation*. 2005;112:2061-2075.