

Users guide:

Roadmap to Healthy Eating

Getting the right amount of food and in the right balance can be challenging. For children and teens, it is important that they overcome this challenge for proper growth and development. This is a roadmap to help you understand how much food your child/teen requires, and in what balance, for proper growth. This guide leads you to the right amount and balance of food through a series of questions. Good luck!

Question 1: How many calories does my child/teen need?

Answer: Calories are the fuel your body burns during the day. If you get too few calories, you will feel tired and your body will not work properly. If you get too many calories, your body can put on extra weight, which can shorten your life span and be a precursor to a host of problems such as diabetes, heart disease, and bone issues. Get your dietitian to recommend the right number of calories for your child/teen and then highlight the corresponding column in the chart below

Question 2: What is the right balance of foods for the selected amount of calories?

Answer: Look below the calorie amount prescribed and find the number of servings for each food group. See the chart below.

Question 2: Right Balance

	1300	1500	1700	1900	2100	2500
Fat	5	5	6	7	7	9
Dairy	2	3	3	3	3	3
Protein	7	7	8	10	11	14
Grain	4	5	6	6	8	10
Fruit	2	2	2	3	3	3
Veggies	3	3	3	3	3	3



Question 3: What is one serving of each food group?

Answer: Your dietitian will give you a list of all the food groups with the serving sizes and the foods that are included in each food group. Notice that the food groups are color coordinated throughout the handouts.

Question 4: How do we track the number of food groups we eat during the day?

Answer: On the next page, you will find a Roadmap to Healthy Eating worksheet. You might consider getting this page laminated and using it on a daily basis with an erasable marker. Put in the right number of servings for the corresponding food group that can be found under your child's/teen's calorie needs table. Then mark off how many serving you have of each group at each meal/snack. There is a sample worksheet filled out that is included in this handout.

Question 5: How much should my child/teen have at each meal or snack?

Answer: See the chart below and find the right number of calories prescribed in the top row. Under your child's/teen's prescribed calorie number, you will see that the chart provides you with the recommended number of calories for each meal/snack.

Recommended distribution of calories during the day

	1300	1500	1700	1900	2100	2500
Breakfast	300	300	400	400	400	400
Snack	100	100	100	200	200	200
Lunch	400	400	500	500	600	800
Snack	100	200	200	200	300	300
Dinner	400	500	500	600	600	800

Question 6: Now I know the recommended number of calories per meal or snack for my child/teen, but how do I know how many calories are in foods or in the different food groups?






Answer: You can look on the boxes of foods (i.e. cereals), the general reference guide provided in this handout that lists the averaged number of calories for the different food groups, or you can get a calorie pocket book.

Question 7: How do we get the balance right at a meal now that we know what and how much food to eat during the day?

Answer: You will learn how to balance the foods for a meal with your nutrition coach at another time if it has not already been covered.




Roadmap to Healthy Eating

 Wake-up	Fat	Dairy	Protein	Grain	Fruit	Vegetable
Number of Servings per Day						
Breakfast 						
Snack 1						
Lunch 						
Snack 2						
Dinner 						
 Total Serving : Bedtime						



Example: Roadmap to Healthy Eating - 1500

 Wake-up		Fat	Dairy	Protein	Grain	Fruit	Vegetable
Number of Servings per Day		5	3	7	4	2	3
Breakfast		1	1		1		
Snack 1						1	
Lunch		2	1	3	1	1	1
Snack 2				1	1		
Dinner		2	1	3	1		2
Total Serving :		5	3	7	4	2	3
Bedtime							



Name:

Date:

Quick Reference Guide to Food Groups

Fat	Dairy	Protein	Grain	Fruit	Vegetable
50 calories	100 calories	50 calories	100 calories	60 calories	30 calories
<p>1 tsp. High Fat regular mayo, oil, butter</p> <p>½ Tbsp. peanut or almond butter</p> <p>1 Tbsp. Medium Fat salad dressing, nuts, cream cheese</p> <p>2 Tbsp. Low Fat light salad dressing, light mayo, hummus, black bean dip</p> <p>Other 6 olives 3 Tbsp. avocado</p>	<p>1 cup milk (1%- 2%), yogurt (light or plain)</p> <p>1 cup plain soy milk</p> <p>2 oz. cheese (light), cottage cheese, mozzarella, Parmesan</p> <p>1 oz. full fat cheese</p>	<p>1 oz. meat fish poultry - chicken - turkey shellfish - clams - crab - lobster - scallops tofu</p> <p>½ cup beans</p> <p>1 whole egg</p> <p>½ Tbsp. peanut or almond butter</p>	<p>1 slice bread</p> <p>2 slice light bread</p> <p>½ cup crackers, pasta, rice, potato, corn, peas, starchy veggies</p> <p>1 cup cereal or oatmeal (at least 4 grams fiber and less than 8 grams sugar per serving)</p>	<p>1 small fruit</p> <p>1 cup berries or grapes</p> <p>½ cup canned in natural juice</p>	<p>½ cup cooked</p> <p>1 cup raw</p> <p>See full list for your favorites</p>
<p>Some fats are bad for your body and some fats help you. Talk to your doctor or dietitian about which ones to avoid.</p>	<p>Get at least 3 per day for strong bones</p> <p>Chose low fat dairy</p> <p>Light or plain yogurt</p>	<p>Choice lean proteins</p> <p>Don't eat skin</p> <p>Avoid fried protein while eating out</p>	<p>Never by themselves</p> <p>Only 1 at any meal or snack (unless told otherwise)</p>	<p>Eat fruits with a peel or berries when you have fruit on it's own for a snack</p>	<p>Free</p> <p>Eat all you want! ;)</p> <p>½ dinner plate should be veggies</p>

