



Healthy Eating/Activity Guides

## Ages 9–13 Years (Male)

It is very important for children this age to get enough calcium as they grow. To meet their calcium needs, serve three to four low-fat servings from the milk group daily. Make sure your children eat a healthy breakfast and do not skip meals.

### Meal Tips

- Make mealtime an enjoyable experience. Avoid criticism and power struggles over food.
- If you are concerned about your child's diet, consider giving your child a multivitamin and mineral supplement.



- Serve fresh fruit instead of fruit juices and fruit drinks.
- Serve portions on smaller plates and let your child decide how much to eat.
- Read food labels.
- Bake, broil, grill, steam, or poach. Use healthy fats (canola oil or olive oil) in cooking and remove chicken or turkey skin.
- Do not force your child to finish all of the food on the plate.
- Limit "junk foods," such as soda, chips, cookies, and candy.
- Limit fast food meals and encourage healthier choices.



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#### References:

American Heart Association et al. Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. *Pediatrics*, 2006, 117, 544–559.

Cooper, Kenneth. *Fit Kids*. Nashville: Broadman & Holman Publishers, 1999.

Mahan, L. Kathleen, and Escott-Stump, Sylvia. *Krause's Food, Nutrition and Diet Therapy*. Philadelphia: W. B. Saunders, 2004.



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## Physical Activity for 9- to 13-Year-Olds

Help your child develop healthy habits:

- Limit TV and video games to no more than one hour per day. Do not put a TV in your child's bedroom.
- Children who develop physically at a slower rate sometimes cannot compete well against more mature children. To ensure that sports remain fun, involve children in youth leagues where competition is based on skill level instead of age.
- It is important for children at this age to learn the value of physical fitness whether they are involved in team sports or not. Be a role model and make walking, bicycling, dancing, hiking, and swimming family activities.



## Age-Appropriate Serving Sizes



### Vegetable Serving Sizes (5 servings/day)

|                   |         |
|-------------------|---------|
| Cooked vegetables | 1/2 cup |
| Raw vegetables    | 1 cup   |

### Fruit Serving Sizes (3 servings/day)

|                                 |         |
|---------------------------------|---------|
| Fresh fruit                     | 1 small |
| Canned fruit,<br>no sugar added | 1/2 cup |



### Fat Serving Sizes (3–4 servings/day)

|                 |         |
|-----------------|---------|
| Avocado, small  | 2 tbsp. |
| Cream cheese    | 1 tbsp. |
| Margarine, soft | 1 tsp.  |
| Mayonnaise      | 1 tsp.  |
| Salad dressing  | 1 tbsp. |
| Sour cream      | 2 tbsp. |



### Milk Serving Sizes (4 servings/day)

|        |               |
|--------|---------------|
| Cheese | 1 oz.         |
| Milk   | 1 cup (8 oz.) |
| Yogurt | 1 cup         |



### Meat Serving Sizes (5 oz./day)

|                                 |                 |
|---------------------------------|-----------------|
| Beans                           | 1/4 cup (1 oz.) |
| Beef, poultry,<br>fish (cooked) | 1 oz.           |
| Egg whites                      | 2               |
| Eggs                            | 1               |
| Natural peanut butter           | 1 tbsp.         |



### Grain Serving Sizes (6 servings/day)

|                   |         |
|-------------------|---------|
| Bagel             | 1/4     |
| Bread             | 1 slice |
| Cereal, cold      | 3/4 cup |
| Cereal, cooked    | 1/2 cup |
| Crackers, graham  | 3       |
| Crackers, saltine | 6       |
| Pasta, cooked     | 1/3 cup |
| Rice, cooked      | 1/3 cup |
| Tortilla, corn    | 1       |



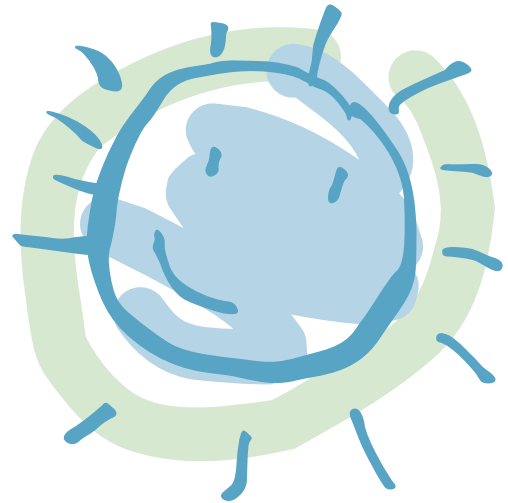
**Offer whole-grain foods every day**  
(e.g., oatmeal, whole-wheat bread,  
brown rice)

Encourage children to drink water. Children should not quench their thirst with soda pop, fruit drinks, or fruit juices. Depending on their amount of physical activity, children may eat more or less than the recommended amount of food in the sample well-balanced diet.

## Sample Well-Balanced Diet: Ages 9 to 13 Years (Male)

### Breakfast

- 1 slice whole-wheat toast
- 1 cup milk (1 percent or fat free)
- ½ banana
- 2 egg whites (hardboiled or scrambled with cooking spray)
- 1 tsp. soft margarine



### Morning Snack

- 1 small orange
- 1 cup baby carrots
- Water

### Lunch

- ⅔ cup cooked rice
- 1 cup cooked broccoli
- 1 small apple
- 1 cup milk (1 percent or fat free)
- 3 oz. roasted turkey
- 1 tsp. soft margarine
- 2 tbsp. avocado

### Afternoon Snack

- 1 slice whole-wheat bread
- 1 oz. lean ham
- 1 tsp. mustard
- Water

### Dinner

- ⅔ cup pasta
- 1 cup cooked spinach
- 1 cup milk (1 percent or fat free)
- ½ cup meat sauce (3 oz. extra-lean ground beef)
- 1 tsp. soft margarine

### Bedtime Snack

- 1 cup milk (1 percent or fat free)
- 1 slice whole-wheat bread
- ½ tbsp. natural peanut butter

