



OPERATION FIT NATION™

Making Great Health The Standard

# WELLNESS BOOKLET

FOR AGE GROUPS (2-18)

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# CHILDREN



# FRUIT & VEGETABLES

## DAILY RECOMMENDATIONS FOR CHILDREN

### FRUIT

- 2-3 YRS.....1 CUP
- 4-8 YRS.....1 TO 1½ CUPS

### VEGETABLES

- 2-3 YRS.....1 CUP
- 4-8 YRS.....1½ CUPS



# GRAINS & PROTIEN

DAILY RECOMMENDATIONS FOR CHILDREN  
(IN OUNCE-EQUIVALENTS (OZ-EQUIV))

## GRAINS

- 2-3 YRS.....3 OZ-EQUIV
- 4-8 YRS.....5 OZ-EQUIV

## PROTEIN

- 2-3 YRS.....2 OZ-EQUIV
- 4-8 YRS.....4 OZ-EQUIV

# DAIRY & OILS

## DAILY RECOMMENDATIONS FOR CHILDREN

### DAIRY

- 2-3 YRS.....2 CUPS
- 4-8 YRS.....2½ CUPS

### OILS

- 2-3 YRS.....3 TEASPOONS
- 4-8 YRS.....4 TEASPOONS



# GIRLS



# FRUIT & VEGETABLES

## DAILY RECOMMENDATIONS FOR GIRLS

### FRUIT

- 9-13 YRS..... 1½ CUPS
- 14-18 YRS..... 1½ CUPS

### VEGETABLES

- 9-13 YRS..... 2 CUPS
- 14-18 YRS..... 2½ CUPS



# GRAINS & PROTIEN

DAILY RECOMMENDATIONS FOR GIRLS  
(IN OUNCE-EQUIVALENTS (OZ-EQUIV))

## GRAINS

- 9-13 YRS.....5 OZ-EQUIV
- 14-18 YRS.....6 OZ-EQUIV

## PROTEIN

- 9-13 YRS..... 5 OZ-EQUIV
- 14-18 YRS.....5 OZ-EQUIV

# DAIRY & OILS

## DAILY RECOMMENDATIONS FOR GIRLS

### DAIRY

- 9-13 YRS..... 3 CUPS
- 14-18 YRS.....3 CUPS

### OILS

- 9-13 YRS..... 5 TEASPOONS
- 14-18 YRS.....5 TEASPOONS



# BOYS



# FRUIT & VEGETABLES

## DAILY RECOMMENDATIONS FOR BOYS

### FRUIT

- 9-13 YRS..... 1½ CUPS
- 14-18 YRS..... 2 CUPS

### VEGETABLES

- 9-13 YRS..... 2½ CUPS
- 14-18 YRS..... 3 CUPS



# GRAINS & PROTIEN

DAILY RECOMMENDATIONS FOR BOYS  
(IN OUNCE-EQUIVALENTS (OZ-EQUIV))

## GRAINS

- 9-13 YRS.....6 OZ-EQUIV
- 14-18 YRS.....8 OZ-EQUIV

## PROTEIN

- 9-13 YRS..... 5 OZ-EQUIV
- 14-18 YRS.....6½ OZ-EQUIV

# DAIRY & OILS

## DAILY RECOMMENDATIONS FOR BOYS

### DAIRY

- 9-13 YRS..... 3 CUPS
- 14-18 YRS.....3 CUPS

### OILS

- 9-13 YRS..... 5 TEASPOONS
- 14-18 YRS.....6 TEASPOONS



# PHYSICAL ACTIVITY



PHYSICAL ACTIVITY IS IMPORTANT FOR EVERYONE, BUT HOW MUCH YOU NEED DEPENDS ON YOUR AGE.

## PRESCHOOL-AGED CHILDREN (3-5 YEARS)

- PHYSICAL ACTIVITY EVERY DAY  
THROUGHOUT THE DAY
- ACTIVE PLAY THROUGH A VARIETY  
OF ENJOYABLE PHYSICAL ACTIVITIES

## CHILDREN AND ADOLESCENTS (6-17 YEARS)

- 60 MINS (1 HOUR) OR MORE OF  
MODERATE-TO-VIGOROUS INTENSITY  
PHYSICAL ACTIVITY DAILY
- A VARIETY OF ENJOYABLE PHYSICAL  
ACTIVITIES AS PART OF THE 60  
MINUTES, ON AT LEAST 3 DAYS A WEEK,

## 18 AND OLDER

- AT LEAST 150 MINUTES A WEEK OF MODERATE  
INTENSITY ACTIVITY SUCH AS BRISK WALKING
- AT LEAST 2 DAYS A WEEK OF ACTIVITIES THAT  
STRENGTHEN MUSCLES

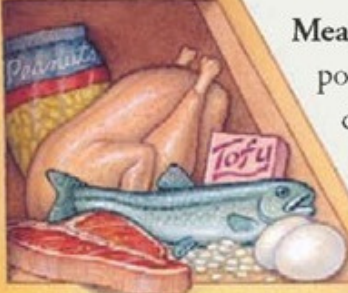


# FOOD RECOMMENDATIONS

**Fats, oils, and sweets (eat sparingly)**



**Milk products:** Skim or low-fat milk, yogurt, low-fat or nonfat cheeses or cottage cheese



**Meats and other high-protein foods:** Lean meats, poultry, fish, eggs (3 to 4 yolks per week), cooked dry beans, peas, lentils, peanut butter, nuts, seeds, tofu

**Vegetables:** Fresh or cooked vegetables, vegetable sauces, or juices



**Fruits:** Fresh fruit (apple, apricots, banana, berries, dates, figs, grapefruit, grapes, guava, kiwi, mango, melon, nectarine, orange, pineapple), canned fruit, juices

**Grains:** Whole-grain breads, bagels, English muffins, breakfast cereals (whole-grain, cooked, or ready-to-eat), crackers, tortillas, pancakes, pasta, rice



# FOOD RECOMMENDATIONS

## ONE SERVING EQUALS

### GRAINS

- 1 slice bread
- 1 ounce ready-to-eat cereal (large handful or check the package label)
- 1/2 cup cooked cereal, rice, or pasta (similar to the size of an ice cream scoop)



### FRUITS

- 1 medium apple or orange (size of tennis ball)
- 1 medium banana
- 1/2 cup cut-up, canned, or cooked fruit
- 3/4 cup 100% fruit juice



### VEGETABLES

- 1 cup raw leafy vegetables (the size of your fist)
- 1/2 cup other vegetables, chopped (raw or cooked)
- 3/4 cup vegetable juice



### MILK PRODUCTS

(choose low-fat varieties)

- 1 cup milk or yogurt
- 1 1/2 ounces natural cheese (the size of a pair of dice or pair of dominoes)
- 2 ounces low-fat processed cheese



### MEATS

- 2 to 3 ounces of cooked lean meat, poultry, or fish (about the size of a deck of cards or the palm of your hand)

THE FOLLOWING ALSO EQUAL 1 OUNCE OF MEAT:

- 1/2 cup cooked dry beans or legumes (ice cream scoop)
- 1 egg (3 to 4 yolks per week)
- 2 tablespoons peanut butter
- 1/3 cup nuts
- 1/2 cup tofu



### FATS, OILS, AND SWEETS

(These foods add calories and are usually low in nutrients. Eat them sparingly.)

# RESOURCES

- MYPLATE PARTNER TITLE BECOME A MYPLATE PARTNER! (N.D.). FROM [HTTPS://WWW.CHOOSEMYPLATE.GOV/](https://www.choosemyplate.gov/)
- HOW MUCH PHYSICAL ACTIVITY DO CHILDREN NEED? (2020, OCTOBER 07), FROM [HTTPS://WWW.CDC.GOV/PHYSICALACTIVITY/BASICS/CHILDREN/INDEX.HTM](https://www.cdc.gov/physicalactivity/basics/children/index.htm)
- THE POWER OF THE FOOD GUIDE PYRAMID. (N.D.). FROM [HTTPS://WHAT-WHEN-HOW.COM/FOOD/THE-POWER-OF-THE-FOOD-GUIDE-PYRAMID/](https://what-when-how.com/food/the-power-of-the-food-guide-pyramid/)



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