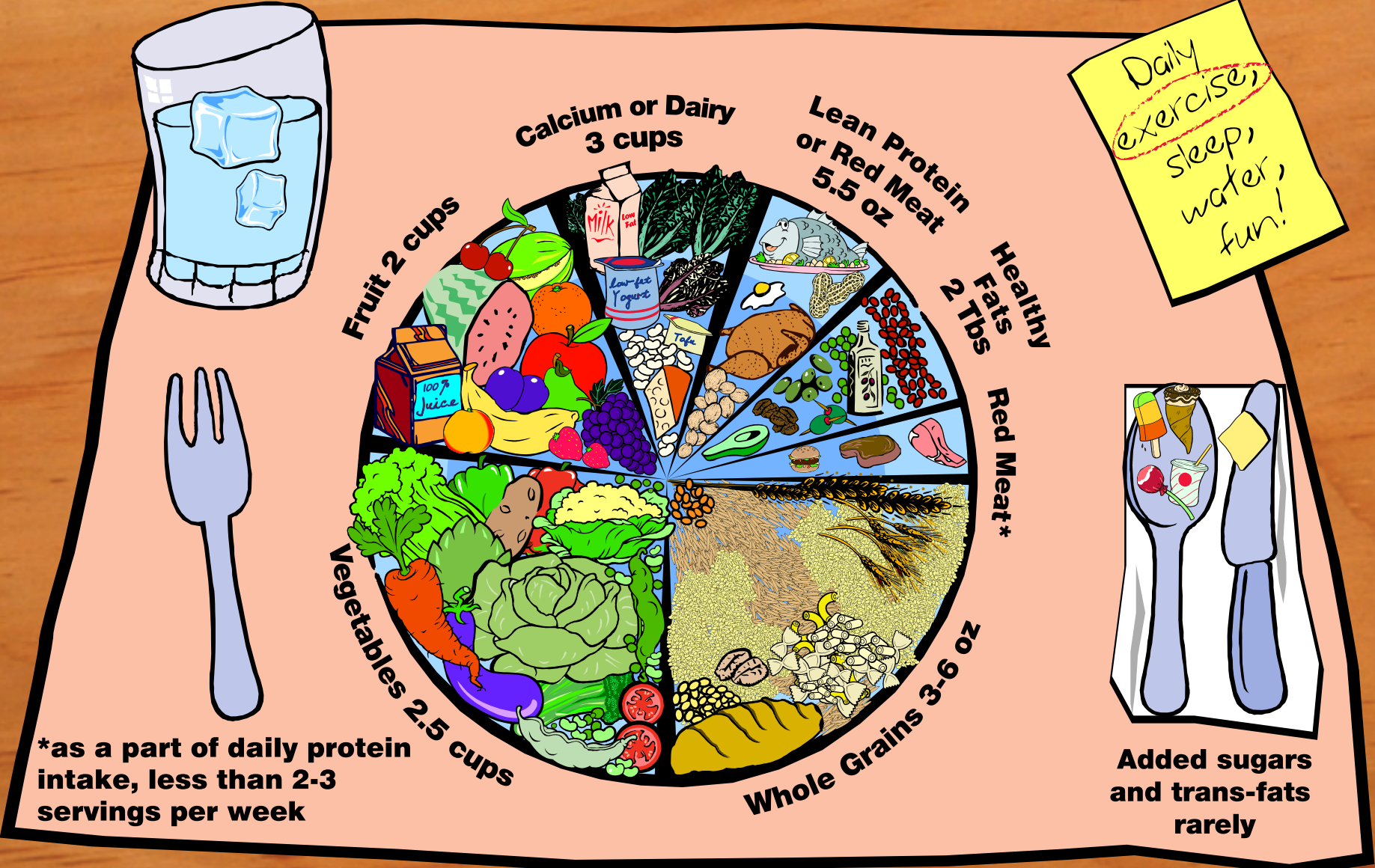


Chef Ann's Healthy Kid's Meal Wheel: A Guide for Making Healthy Food Choices Daily



**Eat Healthy.
You'll Run Circles Around Everyone.**

Total Daily Calorie Needs:

*Recommended number of food group servings depends on your calorie needs:

1400-1600 calories is about right for children ages 4-8 years

1600-2200 calories is about right for most children 9-13 years

1800-2800 calories is about right for teen girls & boys 14-18 years

Whole Grains:
3-6 oz

Vegetables:
2.5 cups

Fruits:
2 cups daily

Calcium:
3 cups dairy or dairy substitutes

Lean Protein or Red Meat:
5.5 oz daily

Healthy Fats:
2 tablespoons daily

Red Meat:
2-3 servings per week

Added Sugars and Fats:
To be eaten rarely