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

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*as a part of daily protein intake, less than 2-3 servings per week

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**Daily exercise, sleep, water, fun!**