

Healthy meal planning for children at different age groups

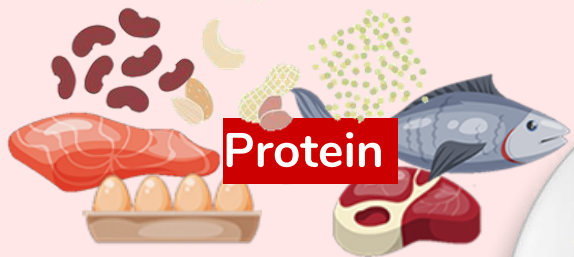
Vary your protein choices

Health Tip:

Incorporate plant and animal protein during the week.

Examples:

- ★ Plant protein: Almonds, walnut, sunflower seeds, peanut butter, lentil, black beans
- ★ Animal protein: poultry, fish, eggs, lean meat, salmon, Steak, tuna, lamb.



Protein

Vary your vegetables- more color

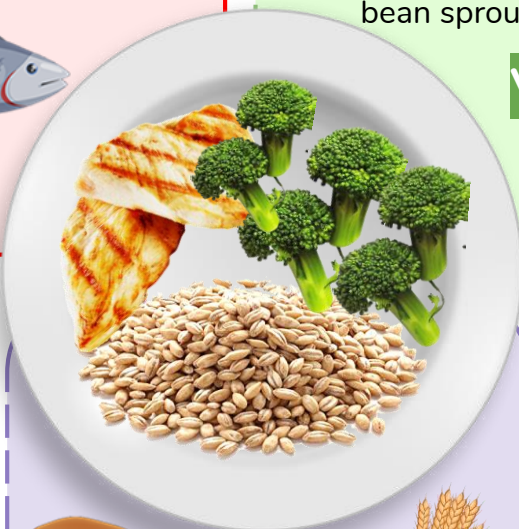
Health Tip:

Try to consume from all 5 subgroups weekly.

Examples:

1. Dark-leafy: Broccoli, spinach, lettuce, kale
2. Red & orange: carrots, pumpkin, tomatoes, red peppers
3. Beans & peas: black beans, soy beans, kidney beans
4. Starchy: corn, peas, potatoes
5. Other vegetables: mushrooms, cabbage, bean sprouts, celery

Vegetables



Grains



Make your grains half grains

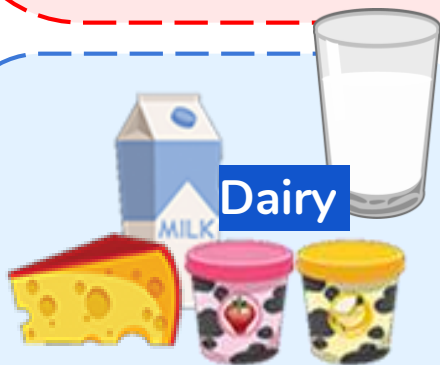
Health Tip:

Consume whole grains or whole wheat products.

Examples:

Whole wheat bread or pasta, brown rice, oatmeal, cereal, tortilla, etc.

Dairy



Focus on dairy products with reduced fat

Health Tip:

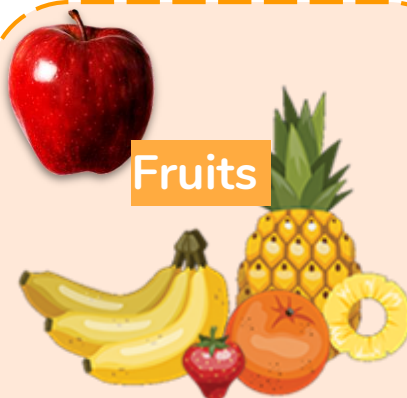
Choose dairy products with reduced fat.

Examples:

Cheese, lactose-free or low fat milk, yogurt

Dairy alternatives: calcium-fortified almond or soy milk

Fruits



Focus on whole fruit

Health Tip:

Choose a variety of fresh or frozen whole fruits.

Examples:

Banana, strawberry, orange, apple, grapes, cantaloupe, pineapple, etc.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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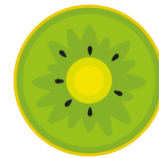
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Healthy meal planning for children at different age groups



Different age groups require different portions for proper nutrition. To provide adequate nutrients to your children, please refer to the chart below for guidance.



	0-5 months	6-11 months	Food Groups	Ages 1-2	Ages 3-5	Ages 6-18
Breakfast	4-6 fl oz breast milk or formula	→ 6-8 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-4 tbsp infant cereal, yogurt, meat, whole eggs, cooked beans or peas → 0-2 oz cheese	Dairy	½ cup	¾ cup	1 cup
			Vegetables, Fruits or both	¼ cup	½ cup	½ cup
			Grains	½ oz eq.	½ oz eq.	1 oz eq.
Lunch or supper	4-6 fl oz breast milk or formula	→ 6-8 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-4 tbsp infant cereal, yogurt, meat, whole eggs, cooked beans or peas → 0-2 oz cheese	Dairy	½ cup	¾ cup	1 cup
			Proteins	1 oz	1 ½ oz	2 oz
			Vegetables	⅛ cup	¼ cup	½ cup
			Fruits	⅛ cup	¼ cup	¼ cup
			Grains	½ oz eq	½ oz eq	1 oz eq
Snack	4-6 fl oz breast milk or formula	→ 2-4 fl oz breast milk or formula → 0-2 tbsp vegetables or fruits → 0-½ slice of bread or 0-2 crackers → 0-4 tbsp infant cereal	Dairy	½ cup	1 cup	1 cup
			Proteins	½ oz	1 oz	1 oz
			Vegetables	½ cup	½ cup	¾ cup
			Fruits	½ cup	½ cup	¾ cup
			Grains	½ oz eq	½ oz eq	1 oz eq

*Serving sizes are of minimum requirement. Daily requirements are based on different sex and physical activities level.
1 cup= 8 fl. oz.

Please consult with your doctor or dietitian if you have any questions about children nutrition.

針對不同年齡小孩的健康飲食計劃

變換不同蛋白質選擇

健康貼士:

將植物和動物蛋白質包含在你的飲食中。

例子:

- ★ 植物蛋白: 杏仁, 核桃, 葵花籽, 花生醬, 小扁豆, 黑豆
- ★ 動物蛋白: 家禽, 魚, 雞蛋, 瘦肉, 三文魚, 牛排, 吞拿, 羊肉



蛋白質

變換不同顏色蔬菜

健康貼士:

盡量每周包含全部5個次組別蔬菜。

例子:

1. 深綠葉類: 西蘭花, 菠菜, 生菜, 羽衣甘藍
2. 紅橙色蔬菜: 紅蘿蔔, 南瓜, 番茄, 紅椒
3. 豆類: 黑豆, 黃豆, 腰豆
4. 澱粉類: 玉米, 番薯, 土豆
5. 其他蔬菜類: 蘑菇, 椰菜, 芽菜, 西芹

蔬菜



穀物



水果



奶製品



盡量選擇低脂奶製品

健康貼士:

選擇低脂奶製品

例子:

芝士, 不含乳糖牛奶或乳酪, 低脂奶

乳製品代替品:

鈣強化的杏仁奶或豆奶

選擇你一半的穀物為全穀物

健康貼士:

食用全麥或全穀物產品

例子:

全麥麵包或意粉, 糙米, 麥片, 玉米片, 玉米餅

盡量選擇新鮮水果

健康貼士:

選擇不同種類的新鮮或冷藏水果。

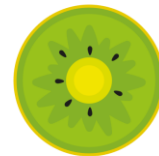
例子:

香蕉, 草莓, 橙子, 蘋果, 提子, 蜜瓜, 菠蘿

針對不同年齡小孩的健康飲食計劃



不同年齡需要不同分量去提供所需的營養。
請參考以下列表去提供充足營養給你的小孩。



	0-5 月	6-11 月	食物種類	1-2 歲	3-5 歲	6-18 歲
早餐	4-6 盎司 母乳或奶粉	→ 6-8 盎司 母乳或奶粉 → 0-2 湯匙蔬菜或水果 → 0-4 湯匙嬰兒穀物, 乳酪, 肉, 全蛋, 煮熟的豆類或豌豆 → 0-2 盎司芝士	乳製品	½ 杯	¾ 杯	1 杯
			蔬菜或水果	¼ 杯	½ 杯	½ 杯
			穀物	½ 盎司	½ 盎司	1 盎司
午餐或晚餐	4-6 盎司 母乳或奶粉	→ 6-8 盎司 母乳或奶粉 → 0-2 湯匙蔬菜或水果 → 0-4 湯匙嬰兒穀物, 乳酪, 肉, 全蛋, 煮熟的豆類或豌豆 → 0-2 盎司芝士	乳製品	½ 杯	¾ 杯	1 杯
			肉或肉替代品	1 盎司	1 ½ 盎司	2 盎司
			蔬菜	⅛ 杯	¼ 杯	½ 杯
			水果	⅛ 杯	¼ 杯	¼ 杯
			穀物	½ 盎司	½ 盎司	1 盎司
小吃	4-6 盎司 母乳或奶粉	→ 2-4 盎司 母乳或奶粉 → 0-2 湯匙蔬菜或水果 → 0-½ 片麵包或 0-2 餅乾 → 0-4 湯匙嬰兒穀物	乳製品	½ 杯	1 杯	1 杯
			肉或肉替代品	½ 盎司	1 盎司	1 盎司
			蔬菜	½ 杯	½ 杯	¾ 杯
			水果	½ 杯	½ 杯	¾ 杯
			穀物	½ 盎司	½ 盎司	1 盎司

*以上份量是最低要求。每天營養需求會因不同年齡，性別和運動量而改變。1 杯 = 8 盎司

如果你對你小孩營養有任何疑問，請向你的醫生或營養師諮詢。