

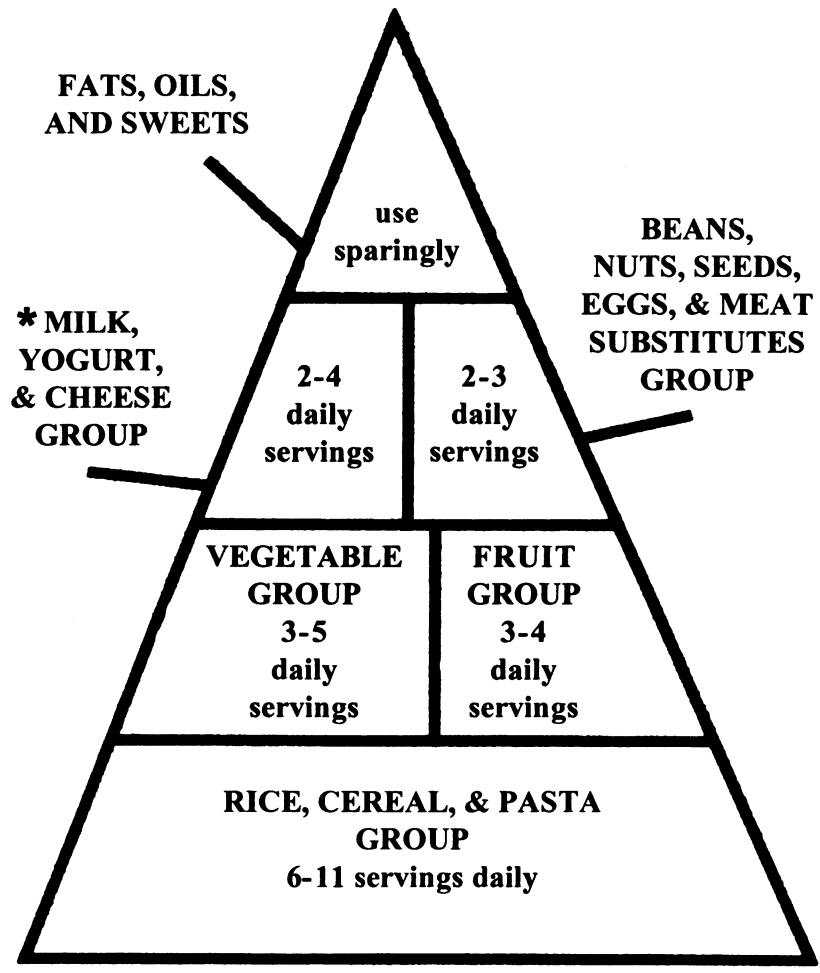
What makes a serving and how many servings are needed each day?

The following is based on the Food Guide Pyramid for Vegetarians (back panel) and may help plan your meals.

Food Group	Suggested Daily Serving	Serving Sizes
Bread, Cereal, Rice, and Pasta	Ages (1-5) - 6 or more servings Ages (5-12) - 9 servings Ages (13-19) - 9 - 11 servings	1 slice of bread 1/2 English muffin, bun, bagel 1/2 cup of cooked cereal, rice, pasta, and other grains 3/4 to 1 cup of breakfast cereal
Vegetable	Ages (1-5) - 3 servings Ages (5-12) - 4 servings Ages (13-19) - 4-5 servings	1/2 cup of cooked vegetables 1 cup of raw leafy vegetables 3/4 cup of vegetable juice
Fruit	Ages (1-5) - 3 servings Ages (5-12) - 3 servings Ages (13-19) - 3-4 servings	1 piece of fresh fruit 3/4 cup fruit juice 1/2 cup canned or cooked fruit 1/4 cup dried fruit
Dry Beans, Nuts, & Seeds (Meat Substitutes)	Ages (1-5) - 2 servings Ages (5-12) - 2 servings Ages (13-19) - 2-3 servings	1/2 cup cooked beans, lentils, chickpeas or limas 1oz. (1/4 to 1/3 cup) almonds, seeds, or walnuts 2 tablespoons peanut or almond butter 1 cup of calcium enriched soy milk 4 oz. of calcium processed tofu 2 oz. soy cheese 1 egg or 2 egg whites
*Milk, Yogurt, & Cheese	Ages (1-5) - 2-3 servings Ages (5-12) - 3-4 servings Ages (13-19) - 3-4 servings	1 cup of milk 1 cup of yogurt 1.5 oz. of natural cheese 2 oz. of processed cheese
Fats, Oils, & Sweets	Use these foods sparingly or in small amounts	Oils, margarine, mayonnaise, salad dressing, cakes, cookies, pies, pastries

* Vegetarian diets which do not include milk, yogurt, or cheese need to substitute with similar portions of other calcium rich foods such as infant formulas, calcium-fortified soy or rice milk; calcium supplements and the other calcium sources listed in the text can also be used.

FOOD GUIDE PYRAMID FOR VEGETARIAN MEAL PLANNING



Source: Modified National Center for Nutrition and Dietetics, The American Dietetic Association

* Vegetarians who choose not to use milk, yogurt, or cheese need to select other food sources rich in calcium.

Eating Well With A Vegetarian Diet

**New York Chapter 2
American Academy of Pediatrics
Committee on Nutrition**