

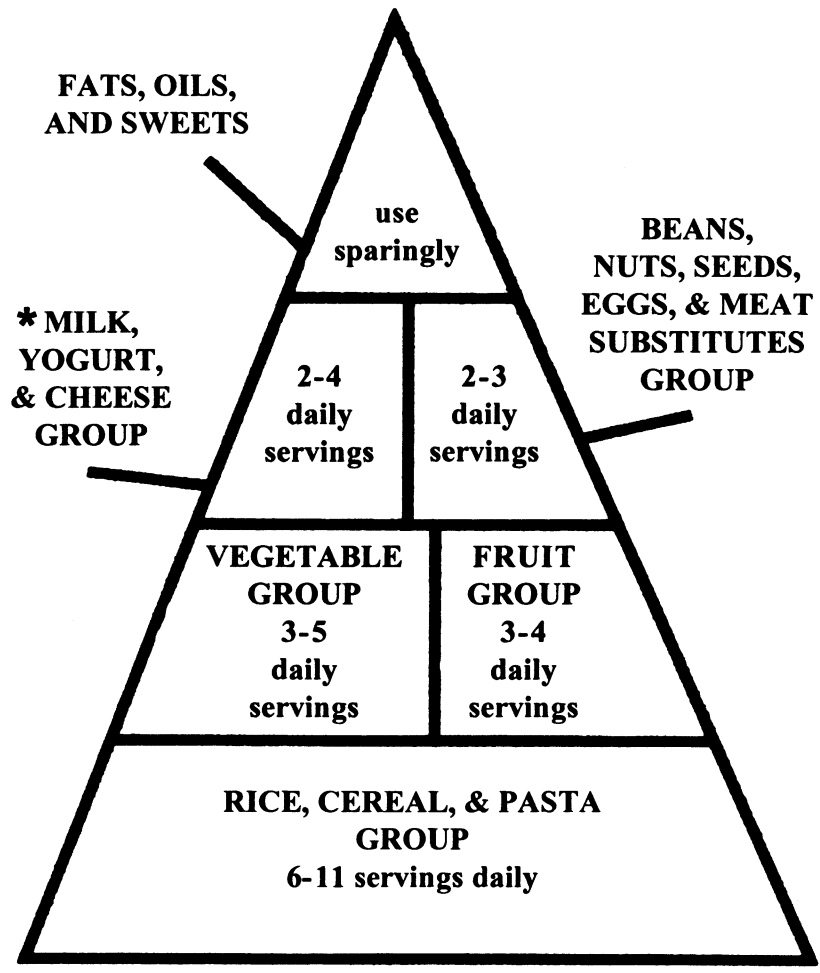
**What makes a serving and how many servings are needed each day?**

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
<b>Bread, Cereal, Rice, and Pasta</b>	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
<b>Vegetable</b>	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
<b>Fruit</b>	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
<b>Dry Beans, Nuts, &amp; Seeds (Meat Substitutes)</b>	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
<b>*Milk, Yogurt, &amp; Cheese</b>	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
<b>Fats, Oils, &amp; Sweets</b>	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**