

what a teenager SHOULD EAT IN A DAY

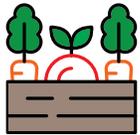
BOYS: 2,200 to 3,200 calories

GIRLS: 1,800 to 2,400 calories

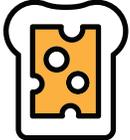
These are guidelines - depends on age, height, weight & activity level



5-10 servings of grains, at least 1/2 whole grains
breads, pasta, rice, corn, oats



2-3 servings of fruits and 2-3 servings of vegetables



4-5 servings of dairy



3-5 servings of protein
chicken, salmon, shellfish, eggs, peanut butter, beans



2-4 servings of fat
Less than 30 grams saturated fat



No more than 100 grams of sugar - 400 calories



Drink 8-10 glasses of water per day