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• **GOOD NUTRITION IN CHILDHOOD AND ADOLESCENCE.**

Proper nutrition in childhood and adolescence requires an elemental knowledge about the average daily requirements of basic food groups:

- a) Dairy products: children 2-3 servings/day & adolescents 5 servings/day.
- b) Meats/Poultry/Fish: 2-3 servings/day.
- c) Vegetables: 3-5 servings/day.  
Fruits: children 2-4 servings/day & adolescents 5 servings/day.
- d) Bread/Cereals/Rice/Pasta: 9-11 servings/day.
- e) Fats/Oils/Sweets: Limited daily intake.

**What is a serving?**

- a) Dairy products: 1 cup of milk or yogurt, 2 oz of cheese.
- b) Meats/Poultry/Fish: 3 oz of fish, chicken or red meat, 1 egg.
- c) Vegetables/Fruits:  $\frac{1}{2}$  cup of steamed vegetables, 1 cup of raw vegetables, 1 slice of fruit, 1 cup of juice,  $\frac{1}{2}$  can of canned fruit.
- d) Bread/Cereals/Rice/Pasta: 1 slice of bread,  $\frac{1}{2}$  cup of rice or pasta,  $\frac{1}{2}$  cup of cereal, 1 oz of cereal.

### Healthy foods in each food group:

- Dairy Products: yogurt, cottage cheese, string cheese, calcium fortified soybean milk, whole milk and 1% or 2% skim milk for kids above 2 years.
- Meat/Poultry/Fish: skinless chicken and turkey, turkey ham, eggs, "low fat" or "light" cold cuts, lean cuts of beef, veal, pork and lamb.
- Vegetables: asparagus, beets, broccoli, carrots, cauliflower, corn, cucumbers, green beans, green and red peppers, peas, potatoes, spinach, squash, sweet potatoes, tomatoes, vegetable juices, zucchini.
- Fruits: apples, bananas, cantaloupe, fruit juices and cocktails, grapefruit, grapes, kiwifruit, mango, orange, papaya, peach, pears, pineapples, plums, prunes, raisins, tangerine, watermelon, strawberries.
- Starches/Pastas/Cereals: bread, whole grain bread, pita bread, corn bread, boxed cereals, rice, noodles, spaghetti, pancakes, bagels, tortilla, pretzels, breadsticks, muffins.

**"WE ARE WHAT WE EAT"**

Reference: "Nutrition Guidelines", American Academy of Pediatrics, 2004.