

Recommended Number of Servings and Serving Sizes for Children

| | 1 - 3 year | 4 – 6 year | 7 – 10 year | 11 – 18 year |
|--|----------------------|---------------------|---------------------|----------------------|
| Grains | 6-10 servings | 5-6 servings | 5-6 servings | 7-10 servings |
| Bread, tortilla, roll, muffin, pancake | ½ | 1.6 | 1 | 1 |
| Dry Cereal | ½ cup | 1 cup | 1 cup | 1 cup |
| Noodles, cooked cereal/grain | ¼ cup | ½ cup | ½ cup | ½ cup |
| Crackers | 3 | 6 | 6 | 6 |
| Protein | 2-4 servings | 2-3 servings | 2-3 servings | 3 servings |
| Meat, poultry | 1 ounce | 2 ounces | 2 ounces | 2-3 ounces |
| Beans, peas, lentils | ¼ cup | ½ cup | ½ cup | 1 cup |
| Seed butter | 1 TBS | 2 TBS | 2 TBS | 2-4 TBS |
| Elemental formula | ½ cup | 1 cup | 1 cup | 1 cup |
| Neocate Nutra | ¼ cup | | | |
| Milk Alternative | 4 servings | 3-4 servings | 3 servings | 3 servings |
| Calcium enriched beverage | ½ cup | ¾ cup | 1 cup | 1 cup |
| Elemental formula | ½ cup | ¾ cup | 1 cup | 1 cup |
| Vegetables | 1-1.5 cups | 1.5-2 cups | 2-2.5 cups | 2.5 -4 cups |
| Cooked or raw | ¼ - ½ cup | ½ cup | ½ - 1 cup | ½ - 1 cup |
| Fruit | 1-1.5 cups | 1-1.5 cups | 1.5-2 cups | 1.5-2.5 cups |
| Fresh, frozen, canned | ¼ - ½ cup | ½ cup | ½ - 1 cup | ½ - 1 cup |
| Juice | Limit to ½ cup/day | Limit to ½ cup/day | Limit to ¾ cup/day | Limit to 1 cup/day |
| Oils | 3-4 tsp | 4-5 tsp | 4-6 tsp | 5-10 tsp |

Sample Meal Plan – 8yo active Male

Breakfast

| | |
|-------------------------------|---|
| 1 ounce Grains | 1 small buckwheat pancake <i>with 1 Tablespoon syrup, 1 tsp margarine</i> |
| ½ cup Fruit | ½ medium banana |
| ½ cup Milk Alternative | ½ cup hemp milk, enriched |

Morning Snack

| | |
|------------------------|-------------------------------|
| | Snack Mix: |
| 1 ounce Grains | 1 cup wheat-free cereal |
| ½ cup Fruit | ¼ cup dried fruit |
| 1 ounce Protein | 2 Tablespoons sunflower seeds |

Lunch

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| | Turkey roll-up: |
| 1 ounce Grains | 1 corn tortilla |
| 2 ounce Protein | 2 ounce sliced Turkey |
| ½ cup Vegetables | ¼ cup sprouts, 2 cucumber slices, ¼ avocado |
| 1 cup Milk Alternative | 1 cup hemp milk, enriched |

Afternoon Snack

| | |
|-------------------------------|---------------------------|
| ½ cup Fruit | ½ cup sliced strawberries |
| ½ cup Vegetables | ½ cup sugar snap peas |
| ½ cup Milk Alternative | ½ cup coconut-milk yogurt |

Dinner

| | |
|-------------------------------|--|
| 2 ounce Grains | 1 cup rice |
| 2 ounce Protein | ½ cup red lentil curry |
| 1 cup Vegetables | 1 cup sautéed green peas & cauliflower |
| 1 cup Milk Alternative | 1 cup hemp milk, enriched |

Percentage of Calories
 10% Protein
 65% CHO
 25% Fat

Provides 1600 kcal, 42gm Pro
 Meets/exceeds DRI for EFAs,
 Calcium, Iron, Vitamin A, B
 vitamins, Vitamin C, Vitamin E,
 Zinc, Magnesium

Depending on products used,
 vitamin D intake may be difficult
 to meet DRI. Current example
 meeting 77% DRI

Data analyzed using Nutritionist Pro Diet Analysis (Axxya Systems, Stafford, TX)

MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 1-3

(The guidelines below are recommended ranges. Always follow the instructions of the child's dietitian for specific guidelines to meet the child's nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child's diet, please consult with the child's allergist or dietitian.)

| FOOD GROUPS Serving Amount Needed per day | EXAMPLES & SERVING SIZES |
|---|--|
| Breads, Grains, & Cereals 6-10 of these choices Choose whole grains more often | <p>Chose whole grains or products made from the following:</p> <p>Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff, If allowed: barley, corn, oats, rice, rye</p> <p>Bread, tortilla, roll, muffin, pancake, waffle – ½ Dry cereal – ½ cup Noodles, cooked cereal – ¼ cup Crackers – 3 small</p> |
| Proteins 2-4 of these choices | <p><i>Animal protein (if allowed):</i> Meat, chicken, turkey – 1 ounce (2 rounded Tablespoons)</p> <p><i>Vegetable protein:</i> Cooked beans, peas, lentils (if allowed) – ¼ cup Seed butter – 1 Tablespoon</p> <p><i>Elemental formula:</i> Elecare Jr, Neocate Junior, – ½ cup Neocate Nutra – ¼ cup</p> |
| Milk Alternative 4 of these choices | <p>Calcuim enriched coconut, hemp, oat, potato or rice milk (if allowed) – ½ cup Elemental formula: Elecare Jr, Neocate Junior – ½ cup</p> <p>If these are not accepted, a calcium supplement may be recommended</p> |
| Vegetables 1 – 1 ½ cups | <p>Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato <i>If allowed: beans, corn, peas, potato</i></p> <p>Cooked or raw – ¼- ½ cup</p> <p>Choose a variety of colors each day.</p> |
| Fruits 1 – 1 ½ cups | <p>Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums</p> <p>Fresh, frozen or canned – ¼ - ½ cup Juice – limit to ½ cup per day</p> |
| Oils 3 – 4 teaspoons | <p>Canola, olive, safflower, vegetable</p> |

MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 4-6

(The guidelines below are recommended ranges. Always follow the instructions of the child's dietitian for specific guidelines to meet the child's nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child's diet, please consult with the child's allergist or dietitian.)

| FOOD GROUPS Serving Amount Needed per day | EXAMPLES & SERVING SIZES |
|--|---|
| Breads, Grains, & Cereals 5-6 of these choices | <p>Chose whole grains or products made from the following:</p> <p>Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff, If allowed: barley, corn, oats, rice, rye</p> <p>Bread, tortilla, roll, muffin, pancake, waffle – 1 Dry cereal – 1 cup Noodles, cooked cereal– ½ cup Crackers – 6 small</p> |
| Proteins 2-3 of these choices | <p><i>Animal protein (if allowed):</i> Meat, chicken, turkey – 2 ounces (4 rounded Tablespoons or rounded ¼ cup)</p> <p><i>Vegetable protein:</i> Cooked beans, peas, lentils (if allowed) – ½ cup Seed butter – 2 Tablespoons</p> <p><i>Elemental formula:</i> Elecare Jr, Neocate Junior, – 1 cup</p> |
| Milk Alternative 3-4 of these choices | <p>Enriched coconut, hemp, oat, potato & rice mik – ¾ cup Elemental formula (Elecare Jr, Neocate Junior)– ¾ cup</p> <p>If these are not accepted, a calcium supplement may be recommended.</p> |
| Vegetables 1 ½ - 2 cups | <p>Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato <i>If allowed: beans, corn, peas, potato</i></p> <p>Cooked or raw –½ cup</p> <p>Choose a variety of colors each day.</p> |
| Fruits 1 – 1 ½ cups | <p>Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums</p> <p>Fresh, frozen or canned – ½ cup Juice – limit to ½ cup per day</p> |
| Oils 4-5 teaspoons | <p>Canola, olive, safflower, vegetable</p> |

MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 7-10

(The guidelines below are recommended ranges. Always follow the instructions of the child's dietitian for specific guidelines to meet the child's nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child's diet, please consult with the child's allergist or dietitian.)

| FOOD GROUPS Serving Amount Needed per day | EXAMPLES & SERVING SIZES |
|--|---|
| Breads, Grains, & Cereals 5 – 6 of these choices | <p>Chose whole grains or products made from the following:</p> <p>Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff, If allowed: barley, corn, oats, rice, rye</p> <p>Bread, tortilla, roll, muffin, pancake, waffle – 1 Dry cereal – 1 cup Noodles, cooked cereal– ½ cup Crackers – 6 small</p> |
| Proteins 2 – 3 of these choices | <p><i>Animal protein (if allowed):</i> Meat, chicken, turkey – 2 ounces (4 rounded Tablespoons or rounded ¼ cup)</p> <p><i>Vegetable protein:</i> Cooked beans, peas, lentils (if allowed) – ½ cup Seed butter – 2 Tablespoons</p> <p><i>Elemental formula:</i> Elecare Jr, Neocate Junior, – 1 cup</p> |
| Milk Alternative 3 of these choices | <p>Enriched coconut, hemp, oat, potato & rice mik – 1 cup Elemental formula (Elecare Jr, Neocate Junior)– 1 cup</p> <p>If these are not accepted, a calcium supplement may be recommended.</p> |
| Vegetables 2 – 2 ½ cups | <p>Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato <i>If allowed: beans, corn, peas, potato</i></p> <p>Cooked or raw –½-1 cup</p> <p>Choose a variety of colors each day</p> |
| Fruits 1 ½ – 2 cups | <p>Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums</p> <p>Fresh, frozen or canned – ½-1 cup Juice – limit to ¾ cup per day</p> |
| Oils 4 – 6 teaspoons | <p>Canola, olive, safflower, vegetable</p> |

MEAL PLANNING GUIDELINES FOR ELIMINATION DIETS FOR CHILDREN AGES 11-18

(The guidelines below are recommended ranges. Always follow the instructions of the child's dietitian for specific guidelines to meet the child's nutritional needs. If you suspect some of the foods within these guidelines are not allowed in the child's diet, please consult with the child's allergist or dietitian.)

| FOOD GROUPS Serving Amount Needed per day | EXAMPLES & SERVING SIZES |
|---|---|
| Breads, Grains, & Cereals 7-10 of these choices | <p>Chose whole grains or products made from the following:</p> <p>Amaranth, arrowroot, buckwheat, cassava, millet, quinoa, sorghum, tapioca, teff, If allowed: barley, corn, oats, rice, rye</p> <p>Bread, tortilla, roll, muffin, pancake, waffle – 1 Dry cereal – 1 cup Noodles, cooked cereal– ½ cup Crackers – 6 small</p> |
| Proteins 3 of these choices | <p><i>Animal protein (if allowed):</i> Meat, chicken, turkey – 2 - 3 ounces</p> <p><i>Vegetable protein:</i> Cooked beans, peas, lentils (if allowed) – 1 cup Seed butter – 2-4 Tablespoons</p> <p><i>Elemental formula:</i> Elecare Jr, Neocate Junior, – 1 cup</p> |
| Milk Alternative 3 of these choices | <p>Enriched coconut, hemp, oat, potato & rice mik – 1 cup Elemental formula (Elecare Jr, Neocate Junior)– 1 cup</p> <p>If these are not accepted, a calcium supplement may be recommended.</p> |
| Vegetables 2 ½ – 4 cups | <p>Asparagus, beets, bell peppers, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, leafy greens, mushrooms, onions, squash, string beans, sweet potato <i>If allowed: beans, corn, peas, potato</i></p> <p>Cooked or raw –½-1 cup</p> <p>Choose a variety of colors each day</p> |
| Fruits 1 ½ – 2 ½ cups | <p>Apples, apricots, avocado, bananas, berries, grapes, kiwi, oranges, mango, melons, nectarines, papaya, peaches, pears, pineapple, plums</p> <p>Fresh, frozen or canned – ½-1 cup Juice – limit to 1 cup per day</p> |
| Oils 5 – 10 teaspoons | <p>Canola, olive, safflower, vegetable</p> |