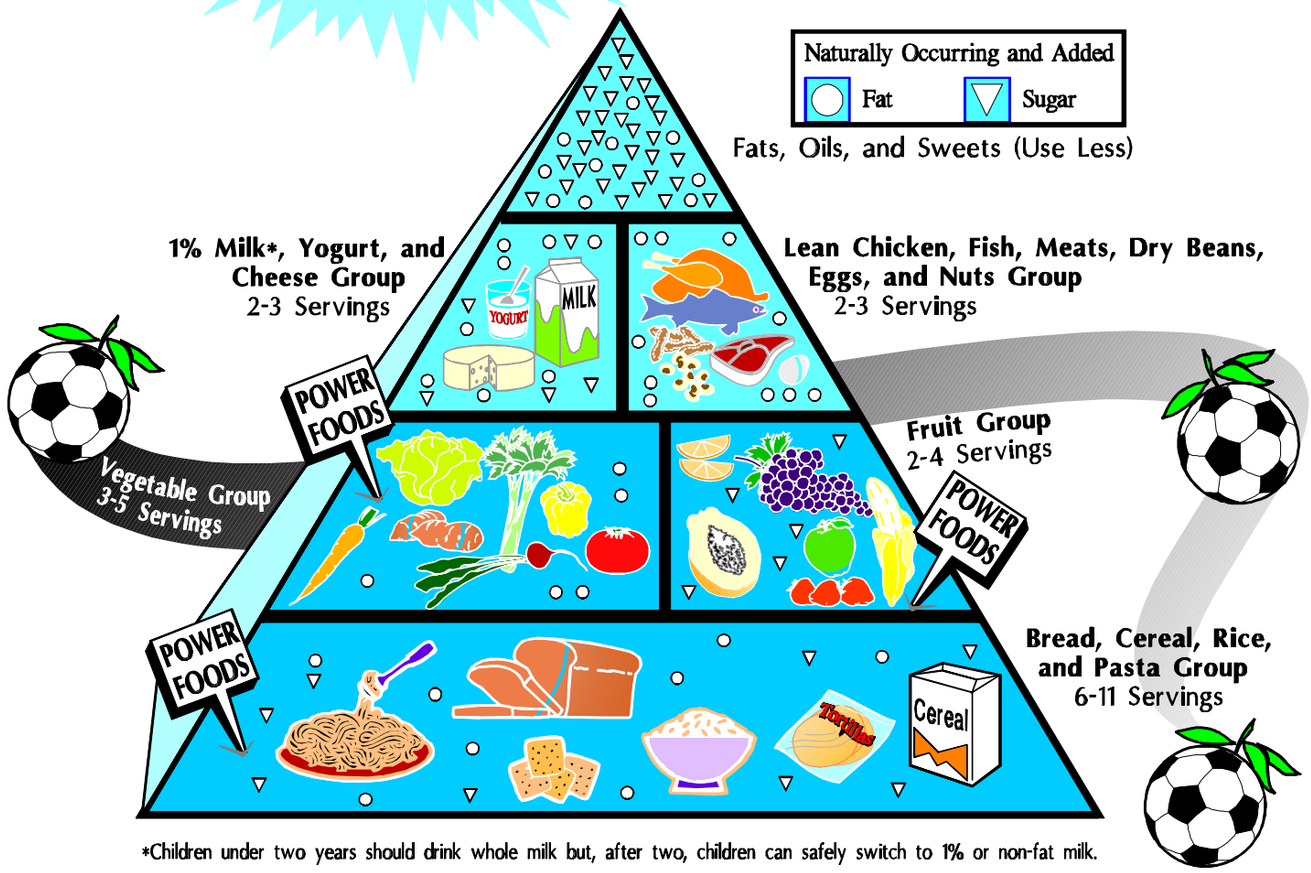
POWER PYRAMID



*Children under two years should drink whole milk but, after two, children can safely switch to 1% or non-fat milk.

A GAME PLAN FOR MORE ENERGY!

Sample Meals and Snacks for Young Athletes

BREAKFAST
- 1 bowl corn flakes with 1% Lowfat milk
- 1 slice toast
- 1 small glass orange juice

SNACK
- 1 banana
- 1 large glass water

LUNCH
- 1 bean burrito with salsa
- 1/2 cup rice
- carrot sticks
- 1 cup 1% Lowfat milk

SNACK
- 1 quesadilla with corn tortilla
- 1 fruit juice box

DINNER
- 1 plate spaghetti
- 1 small garden salad
- 1/2 cup cooked broccoli
- 1 slice wheat bread
- 1 cup 1% Lowfat milk

STANDARD SERVING SIZES

Breads, Cereals, Rice, and Pasta
- 1 slice of bread
- 1 cup cereal
- 1/2 cup cooked rice or pasta
- 1/2 cup cooked cereal
- 4 small crackers

Fruits
- 1 medium size fruit
- 3/4 cup fruit juice
- 1/2 cup canned or chopped fruit
- 1/4 cup dried fruit

Dry Beans, Chicken, Fish, Meat, Eggs, and Nuts
- 1 cup cooked beans (frijoles)
- 2-3 ounces cooked lean chicken, fish, or meat
- 2 eggs
- 4 tablespoons peanut butter

Vegetables
- 1/2 cup cooked or chopped raw vegetables
- 1 cup leafy raw vegetables
- 3/4 cup vegetable juice

Milk, Yogurt, and Cheese
- 1 cup nonfat or 1% lowfat milk
- 1 cup nonfat or lowfat yogurt
- 1 ½ to 2 ounces lowfat cheese

Fats, Oils, and Sweets
- -- Limit fats, oils, and sweets
- -- Bake, broil, and steam your food
- -- Eat fruit for dessert or a snack

Funded in part by a grant from the California Adolescent Nutrition and Fitness (CANFit) Program, Berkeley, California, Grant # S01-95
San Bernardino County Department of Public Health Nutrition Program.
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MDS 0604-812.Ged rev.5/98