

# **PEDIATRIC DIETS (Nutritional Needs of Toddlers, Children & Adolescents) (Sheet 1 of 2)**

---

NOLENSVILLE FAMILY MEDICINE  
JOHN R. THOMPSON M.D.  
615-776-8088

## **PURPOSE:**

These diets provide adequate nutrition for the child of any developmental age and will aid in establishing good eating habits.

## **DESCRIPTION:**

These diets are based on the basic food groups with considerations of the Recommended Dietary Allowances (RDA) for age. Food group quantities may be divided to include between-meal snacks.

## **BASIC INFORMATION:**

The age of the child will determine consistency and amount of foods to be eaten. The toddler will take table food and finger foods in small portions. Older children will eat table foods of larger portions and additional fluids. It is at this age that positive nutritional habits can be reinforced. Adolescents will eat increased portion sizes. It is important to continue emphasizing regular meals and good nutritional habits.

### **Toddlers**

The one-year-old begins to show a decrease in appetite and interest in food. This should not be interpreted as "poor" appetite but rather normal for this age with a decrease in growth rate. To ensure that the diet is adequate in nutrients, one must select the toddler's food carefully. The CDC (Centers for Disease Control & Prevention) recommends that children aged 1 to 5 years drink no more than 24 fl oz of milk per day to minimize risk of iron deficiency. Children should not be bribed or rewarded with food.

### **Adolescents**

The nutritional needs during adolescence vary individually and according to gender. The period of greatest nutritional need coincides with the peak rate of growth during adolescence. The greatest need for girls is between 10 and 13-1/2 years, and for boys between 12 and 15 years. Since the growth spurt and the sequence of sexual development are related, it is useful to consider an adolescent's state of maturation to assess nutritional needs accurately.

## **NUTRITIONAL ADEQUACY:**

If these guidelines are followed and servings are matched to age group, the RDA for children and adolescents will be met, with the exception of iron. Supplementation with iron may be recommended if food intake is inadequate, especially with adolescent girls. Fluoride supplements may be needed if amount of fluoride in the water is less than 0.7 to 1.2 parts million. Ask your health care provider about any need for supplements.

**PEDIATRIC DIETS (Nutritional Needs of Toddlers,  
 Children & Adolescents) (Sheet 2 of 2)**

**PEDIATRIC BASIC FOOD GROUPS & SUGGESTED PORTION SIZES**

<b>Food Groups</b>	<b>AGE 1-3* Serving Size</b>	<b>AGE 4-6 Serving Size</b>	<b>AGE 7-11 Serving Size</b>	<b>AGE 12-14 Serving Size</b>	<b>Servings Per Day</b>
<b>Milk</b> Whole, 2%, Skim, Cheese, Yogurt	4-6 oz	6 oz	8 oz	8 oz	3-4
<b>Meat</b> Meat, Fish, or Poultry	1-2 oz	1-2 oz	2-3 oz	3 oz	2 or more
<b>Egg</b> <b>Cheese</b>	1 medium 1/4 cup	1 medium 1-2 oz	1 medium 2 oz	1 medium 2 oz	
<b>Fruit</b> (vitamin C rich)	1/8-1/4 cup 1/2 fruit	1/2 cup 1/2 fruit	1/2 cup 1/2 fruit	1/2 cup 1 fruit	5
<b>Vegetable**</b>	2-4 Tbsp.	1/4-1/2 cup	1/2 cup	1/2 cup	
<b>Bread-Cereal</b> Whole grain, Enriched bread	1/2-1 slice	1 slice	1-2 slices	2 slices	4
<b>Cereal, pasta, rice</b>	1/2 cup cooked 1 oz dried	1/2 cup cooked 1 oz dried	1/2 cup cooked 1 oz dried	1/2 cup cooked 1 oz dried	
<b>Others</b> Fats, oils, butter, margarine, sweets, puddings, ice cream	In amounts needed to provide calories to meet growth needs.				

\*Children under two years of age should be given whole milk only.

\*\*Be sure to include a vitamin A rich vegetable every other day (dark green or dark yellow vegetables).