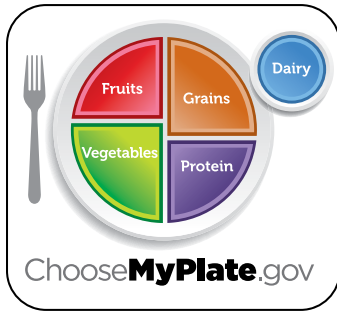


MyPlate Plans for 8- to 14-year-olds



This chart was designed to provide an estimate of daily food needs based on the recommendations at www.choosemyplate.gov. On the following chart, find your gender, age and activity level. Mark the row with your plan. Visit www.choosemyplate.gov for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 8	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 8	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 8	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	2.5 cups	5.5 ounces
Girl – Age 8	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 8	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 8	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 9	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 9	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 9	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5.5 ounces
Girl – Age 9	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 9	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 9	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 10	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 10	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 10	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 10	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 10	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 10	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 11	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 11	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 11	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 11	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 11	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 11	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 12	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 12	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 12	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Girl – Age 12	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 12	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 12	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 13	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 13	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 13	More than 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Girl – Age 13	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 13	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 13	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 14	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 14	30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 14	More than 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Girl – Age 14	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 14	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 14	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces

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For more information on this and other topics, see www.ag.ndsu.edu

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