

## MONITOR QUICK REFERENCE GUIDE

INFANT MEAL PATTERN			
Age	Breakfast	Lunch/Supper	Snacks
<b>0-5 mo.</b>	4-6 oz breastmilk/formula	4-6 oz breastmilk/formula	4-6 oz breastmilk/formula
<b>6-11 mo.</b>	6-8 oz breastmilk/formula 0-4 T cereal, meat, beans, eggs; or 0-2oz cheese; or 0-4 cottage cheese, yogurt; or a combination 0-2 T fruit and/or vegetable	6-8 oz breastmilk/formula 0-4 T cereal, meat, beans, eggs; or 0-2oz cheese; or 0-4 cottage cheese, yogurt; or a combination 0-2 T fruit and/or vegetable	2-4 oz breastmilk/formula 0-1/2 slice of bread or 0-2 crackers or 0-4 T infant or ready-to-eat cereal 0-2 T fruit and/or vegetable

CHILD MEAL PATTERN			
Age	Breakfast	Lunch/Supper	Snacks – Any 2 Components
<b>1-2 Years</b>	4 oz milk 1/4 c fruits/vegetables 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta or 1/8 c granola cold cereal or 3/4 c puffed cold cereal or 1/2 c flakes/rounds cold cereal or 1/2 oz M/MA 3x per week	4 oz milk 1/8 c fruit 1/8 c vegetable 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta 1 oz meat, soy product, cheese or 1/2 egg or 1/4 c beans/legumes or 2 T peanut butter or 4 oz yogurt or 1/2 oz nuts/seeds = 50%	4 oz milk 1/2 c fruit 1/2 c vegetable 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta or 1/8 c granola cold cereal or 3/4 c puffed cold cereal or 1/2 c flakes/rounds cold cereal 1/2 oz meat, soy product, cheese or 1/2 egg or 1/8 c beans/legumes or 1 T peanut butter or 2 oz yogurt or 1/2 oz nuts/seeds
<b>3-5 Years</b>	6 oz milk 1/2 c fruits/vegetables 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta or 1/8 c granola cold cereal or 3/4 c puffed cold cereal or 1/2 c flakes/rounds cold cereal or 1/2 oz M/MA 3x per week	6 oz milk 1/4 c fruit 1/4 c vegetable 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta 1 1/2 oz meat, soy prod., cheese or 3/4 egg or 3/8 c beans/legumes or 3 T peanut butter or 6 oz yogurt or 3/4 oz nuts/seeds = 50%	4 oz milk 1/2 c fruit 1/2 c vegetable 1/2 serving: roll, biscuit, muffin or 1/2 slice bread or 1/4 c cooked cereal, pasta or 1/8 c granola cold cereal or 3/4 c puffed cold cereal or 1/2 c flakes/rounds cold cereal 1/2 oz meat, soy product, cheese or 1/2 egg or 1/8 c beans/legumes or 1 T peanut butter or 2 oz yogurt or 1/2 oz nuts/seeds
<b>6+ Years</b>	8 oz milk 1/2 c fruits/vegetables 1 serving: roll, biscuit, muffin or 1 slice bread or 1/2 c cooked cereal, pasta or 1/4 c granola cold cereal or 1 1/4 c puffed cold cereal or 1 c flakes/rounds cold cereal or 1 oz M/MA 3x per week	8 oz milk 1/4 c fruit 1/2 c vegetable 1 serving: roll, biscuit, muffin or 1 slice bread or 1/2 c cooked cereal, pasta 2 oz meat, soy product, cheese or 1 egg or 1/2 c beans/legumes or 4 T peanut butter or 8 oz yogurt or 1 oz nuts/seeds = 50%	8 oz milk 3/4 c fruit 3/4 c vegetable 1 serving: roll, biscuit, muffin or 1 slice bread or 1/2 c cooked cereal, pasta or 1/4 c granola cold cereal or 1 1/4 c puffed cold cereal or 1 c flakes/rounds cold cereal 1 oz meat, soy product, cheese or 1/2 egg or 1/4 c beans/legumes or 2 T peanut butter or 4 oz yogurt or 1 oz nuts/seeds

ADULT MEAL PATTERN			
Age	Breakfast	Lunch/Supper	Snacks – Any 2 Components
Adult	8 oz milk 1/2 c fruits/vegetables 2 servings: roll, biscuit, muffin or 2 slices bread or 1 c cooked cereal, pasta or 1/2 c granola cold cereal or 2 1/2 c puffed cold cereal or 2 c flakes/rounds cold cereal or 2 oz M/MA 3x per week	8 oz milk 1/2 c fruit 1/2 c vegetable 2 servings: roll, biscuit, muffin or 2 slice bread or 1 c cooked cereal, pasta 2 oz meat, soy product, cheese or 1 egg or 1/2 c beans/legumes or 4 T peanut butter or 8 oz yogurt or 1 oz nuts/seeds = 50%	8 oz milk 1/2 c fruit 1/2 c vegetable 1 serving: roll, biscuit, muffin or 1 slice bread or 1/2 c cooked cereal, pasta or 1/4 c granola cold cereal or 1 1/4 c puffed cold cereal or 1 c flakes/rounds cold cereal 1 oz meat, soy product, cheese or 1/2 egg or 1/4 c beans/legumes or 2 T peanut butter or 4 oz yogurt or 1 oz nuts/seeds

CEREAL SUGAR LIMITS											
Serving size (g)	0-2	3-7	8-11	12-16	17-21	22-25	26-30	31-35	36-40	41-44	45-49
Sugar max (g)	0	1	2	3	4	5	6	7	8	9	10
Serving size (g)	50-54	55-58	59-63	64-68	69-73	74-77	78-82	83-87	88-91	92-96	97-100
Sugar max (g)	11	12	13	14	15	16	17	18	19	20	21

YOGURT SUGAR LIMITS															
Serving size (g)	28	35	43	50	57	64	71	78	85	92	99	106	113	120	128
Serving size (oz)	1	1.25	1.5	1.75	2	2.25	2.5	2.75	3	3.25	3.5	3.75	4	4.25	4.5
Sugar max (g)	4	5	6	7	8	9	10	11	11	12	13	14	15	16	17
Serving size (g)	135	142	149	150	156	163	170	177	184	191	198	206	213	220	227
Serving size (oz)	4.75	5	5.25	5.3	5.5	5.75	6	6.25	6.5	6.75	7	7.25	7.5	7.75	8
Sugar max (g)	18	19	20	20	21	22	23	24	25	26	27	28	29	30	31

COMMON WHOLE GRAINS				
<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Berries</li> <li>• Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Buckwheat</li> <li>• Bulgur</li> <li>• Cracked/crushed wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Graham flour</li> <li>• Groats</li> <li>• Millett</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Quinoa</li> <li>• Rolled Oats</li> </ul>	<ul style="list-style-type: none"> <li>• Sorghum</li> <li>• “Whole” before a grain</li> </ul>

COMMON GRAIN-BASED DESSERTS				
<ul style="list-style-type: none"> <li>• Breakfast bars</li> <li>• Brownies</li> <li>• Cakes</li> <li>• Cereal bars</li> <li>• Cinnamon rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Cobblers/crisps</li> <li>• Coffee cake</li> <li>• Cookies/vanilla wafers</li> <li>• Dessert pie crust</li> <li>• Doughnuts</li> </ul>	<ul style="list-style-type: none"> <li>• Fig bars</li> <li>• Frudel</li> <li>• Fruit turnovers</li> <li>• Granola bars</li> <li>• Nutrigrain</li> <li>• Pop tarts</li> </ul>	<ul style="list-style-type: none"> <li>• Rice pudding</li> <li>• Strudels</li> <li>• Sweet biscotti</li> <li>• Sweet bread or rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet pastry rolls</li> <li>• Sweet popovers</li> <li>• Sweet rolls</li> <li>• Sweet scones</li> <li>• Toaster pastries</li> </ul>