

# Nutritional Recommendations

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## Nutritional Therapy: Comparison of Common Recommendations

### Portion Control or Balanced

- Tolerance is high
- Useful in toddlers and young children
- Small amount of weight loss

### CHO Restricted or Reduced

- Adherence to diet is approximately 50%
- Weight loss is moderate to good
- Lowers fasting insulin and triglyceride levels
- Amount of protein is not associated with effect on muscle sparing

### Low Glycemic Index

- Tolerance is high
- Small amount of weight loss
- Favorable for high fasting insulin level

### Low Fat

- Tolerance is high
- No weight loss or minimal
- Favorable for high LDL levels

### Elimination

- Easy to use in small children
- Weight loss is small to moderate
- Tolerance is high

## General Intake Guidelines (Normal Weight): 0-12 Months

	Birth-4 months	4-6 months	6-8 months	8-10 months	10-12 months
Breast milk and/or fortified infant formula	8-12 feedings 2-6 oz per feeding (18-32 oz per day)	4-6 feedings 4-6 oz per feeding (27-45 oz per day)	3-5 feedings 6-8 oz per feeding (24-32 oz per day)	3-4 feedings 7-8 oz per feeding (24-32 oz per day)	3-4 feedings 24-32 oz per day
Cereal, breads, starches	None	None	2-3 servings of iron-fortified baby cereal (serving = 1-2 tbsp)	2-3 servings of iron-fortified baby cereal (serving = 1-2 tbsp)	4 servings of iron-fortified bread or other soft starches or baby cereal (serving = 1-2 tbsp)
Fruits and vegetables	None	None	Offer plain, cooked, mashed, or strained baby foods vegetables and fruits. Avoid combination foods. No juice.	2-3 servings (1-2 tbsp) of soft, cut-up, and mashed vegetables and fruits daily. No juice.	4 servings (2-3 tbsp) daily of fruits and vegetables. No juice.
Meats and other protein sources	None	None	Begin to offer plain-cooked meats. Avoid combination dinners.	Begin to offer well-cooked, soft, finely chopped meats.	1-2 oz daily of soft, finely cut or chopped meat, or other protein foods

While there is no comprehensive research indicating which complementary foods are best to introduce first, focus should be on foods that are higher in iron and zinc, such as pureed meats and fortified iron-rich foods.

## General Intake Guidelines (Normal Weight): 1-4 Years

	12-23 months	2-3 years	3-4 years
Milk and Milk Products	2 cups/day (whole milk or milk products)	2-2.5 cups/day	2.5-3 cups/day
	Serving: 1 cup of milk or cheese, 1.5 oz of natural cheese, 1/3 cup shredded cheese		
Meat and Other Protein Foods	1.5 oz/day	2 oz/day	2-3 oz/day
	Serving: (1 oz equivalent) = 1 oz beef, poultry, fish, ¼ cup cooked beans, 1 egg, 1 tbsp peanut butter*, ½ oz of nuts* *peanut butter and nuts may be a choking hazard under the age of three		
Breads, Cereal, and Starches	2 oz/day	2 oz/day	2-3 oz/day
	Serving: 1 oz = 1 slice whole grain bread, ½ cup cooked cereal, rice, pasta, or 1 cup dry cereal		
Fruits	1 cup/day	1 cup/day	1-1.5 cups/day
	Serving: 1 cup of fruit or ½ cup dried fruit; NO JUICE		
Vegetables (non-starchy vegetables to include sources of vitamin C and A)	3/4 cup/day	1 cup/day	1-1.5 cups/day
	Serving: (1 cup equivalent) = 1 cup of raw or cooked vegetables; 2 cups of raw leafy green greens		
Fats and Oil	Do not limit* *Low-fat products are not recommended under the age of 2	3 tsp	3-4 tsp/day
Miscellaneous (desserts, sweets, soft drinks, candy, jams, jelly)	None	None	None

## General Intake Guidelines (Normal Weight): 5-18 Years

	5-9 years	10-14 years	15-18 years
Milk and Milk Products	2.5-3 cup/day	3 cups/day	3 cups/day
Serving: 1 cup of milk or cheese, 1.5 oz of natural cheese, 1/3 cup shredded cheese; encourage low-fat dairy sources			
Meat and Other Protein Foods	4-5 oz/day	5 oz/day	5-6 oz/day
Serving: (1 oz equivalent) = 1 oz beef, poultry, fish, ¼ cup cooked beans, 1 egg, 1 tbsp peanut butter, ½ oz of nuts			
Breads, Cereal, and Starches	5-6 oz/day	5-6 oz/day	6-7 oz/day
Fruits	1.5 cups/day	1.5 cups/day	1.5-2 cups
Serving: 1 cup of fruit or ½ cup dried fruit			
Vegetables (non-starchy vegetables to include sources of vitamin C and A: broccoli, bell pepper, tomatoes, spinach, green beans, squash)	1.5-2 cups/day	2-3 cups/day	3+ cups/day
Serving: (1 cup equivalent) = 1 cup of raw or cooked vegetables; 2 cups of raw leafy green greens			
Fats and Oil	4-5 tsp/day	5 tsp/day	5-6 tsp/day
Miscellaneous (desserts, sweets, soft drinks, candy, jams, jelly)	None	None	None