

Dietary Recommendations for Children and Adolescents: A Guide for Practitioners; American Heart Association,

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AHA Nutritional Recommendations

TABLE 1

AHA Pediatric Dietary Strategies for Individuals Aged >2 Years: Recommendations to All Patients and Families

Balance dietary calories with physical activity to maintain normal growth

60 min of moderate to vigorous play or physical activity daily

Eat vegetables and fruits daily, limit juice intake

Use vegetable oils and soft margarines low in saturated fat and trans fatty acids instead of butter or most other animal fats in the diet

Eat whole-grain breads and cereals rather than refined-grain products

Reduce the intake of sugar-sweetened beverages and foods

Use nonfat (skim) or low-fat milk and dairy products daily

Eat more fish, especially oily fish, broiled or baked

Reduce salt intake, including salt from processed foods

TABLE 2

Tips for Parents to Implement AHA Pediatric Dietary Guidelines

Reduce added sugars, including sugar-sweetened drinks and juices

Use canola, soybean, corn oil, safflower oil, or other unsaturated oils in place of solid fats during food preparation

Use recommended portion sizes on food labels when preparing and serving food

Use fresh, frozen, and canned vegetables and fruits and serve at every meal; be careful with added sauces and sugar

Introduce and regularly serve fish as an entrée

Remove the skin from poultry before eating

Use only lean cuts of meat and reduced-fat meat products

Limit high-calorie sauces such as Alfredo, cream sauces, cheese sauces, and hollandaise

Eat whole-grain breads and cereals rather than refined products; read labels and ensure that “whole grain” is the first ingredient on the food label of these products

Eat more legumes (beans) and tofu in place of meat for some entrées

Breads, breakfast cereals, and prepared foods, including soups, may be high in salt and/or sugar; read food labels for content and choose high-fiber, low-salt/low-sugar alternatives

TABLE 3

Daily Estimated Calories and Recommended Servings for Grains, Fruits, Vegetables, and Milk/Dairy by Age and Gender

	1 y	2–3 y	4–8 y	9–13 y	14–18 y
Kilocalories ^a	900	1000			
Female			1200	1600	1800
Male			1400	1800	2200
Fat, % of total kcal	30–40	30–35	25–35	25–35	25–35
Milk/dairy, cups ^b	2 ^c	2	2	3	3
Lean meat/beans, oz	1.5	2		5	
Female			3		5
Male			4		6
Fruits, cups ^d	1	1	1.5	1.5	
Female					1.5
Male					2
Vegetables, cups ^d	3/4	1			
Female			1	2	2.5
Male			1.5	2.5	3
Grains, oz ^e	2	3			
Female			4	5	6
Male			5	6	7

- Calorie estimates are based on a sedentary lifestyle. Increased physical activity will require additional calories: by 0 to 200

- kcal/day if moderately physically active and by 200 to 400 kcal/day if very physically active.

- [e](#)^a For youth 2 years and older; adopted from Tables 2 and 3 and Appendix A-2 in US Department of Health and Human Services, US Department of Agriculture. *Dietary Guidelines for Americans*. 6th ed. Washington, DC: US Government Printing Office; 2005; www.healthierus.gov/dietaryguidelines. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of food in each group (eg, lean meats and fat-free milk).
- [e](#)^b Milk listed is fat-free (except for children under the age of 2 years). If 1%, 2%, or whole-fat milk is substituted, this will utilize, for each cup, 19, 39, or 63 kcal of discretionary calories and add 2.6, 5.1, or 9.0 g of total fat, of which 1.3, 2.6, or 4.6 g are saturated fat.
- [e](#)^c For 1-year-old children, calculations are based on 2% fat milk. If 2 cups of whole milk are substituted, 48 kcal of discretionary calories will be utilized. The American Academy of Pediatrics recommends that low-fat/reduced-fat milk not be started before 2 years of age.
- [e](#)^d Serving sizes are 1/4 cup for 1 year of age, 1/3 cup for 2 to 3 years of age, and 1/2 cup for ≥ 4 years of age. A variety of vegetables should be selected from each subgroup over the week.
- [e](#)^e Half of all grains should be whole grains.

TABLE 4
Daily Recommended Intakes of Fiber, Sodium, and Potassium by Age and Gender

Gender/Age	Fiber, g ^a	Sodium, mg	Potassium, mg
1–3 y	19	<1500	3000
4–8 y			
Female	25	<1900	3800
Male	25	<1900	3800
9–13 y			
Female	26	<2200	4500
Male	31	<2200	4500
14–18 y			
Female	29	<2300	4700
Male	38	<2300	4700

- Adapted from 2005 Dietary Guideline Advisory Committee. Nutrition and your health: dietary guidelines for Americans.

Available at: www.health.gov/dietaryguidelines/dga2005/report/HTML/E_translation.htm.

- ^aTotal fiber preferred minimum 14 g/1000 kcal. Read labels to determine amounts on all packaged foods