|  |  |  |  |
| --- | --- | --- | --- |
|  | 9-13 years | 14-18 years |  |
| Fruit | 1.5 cups | 2 cups | 1 c juice, ½ c dried fruit, 1 small apple, 1 large banana, 32 grapes |
| Veggies | 2.5 cups | 3 cups | 1 c raw/cooked veggies, 1 c juice, 2 raw greens |
| Grains (half whole grain) | 6 oz | 8 oz | 1 slice of bread, 1 c cereal, ½ uncooked rice |
| Protein | 5 oz | 6.5 oz | 1 oz meat, 1 egg, ¼ c cooked beans, 1T PB, ½ oz nuts/seeds |
| Dairy | 3 cups | 3 cups |  |
| Oils | 5 teaspoons | 6 teaspoons |  |
|  |  |  |  |

**Sedentary Teens**

Sedentary teenage boys engage in only light physical activity associated with day-to-day living. The U.S. Department of Agriculture estimates that sedentary boys age 9 to 13 need about 1,600 to 2,000 calories per day and sedentary teenage boys ages 14 to 18 require about 2,000 to 2,400 calories each day.

**Moderately Active Teens**

Teenage boys who are moderately active participate in physical activity equivalent to walking 1.5 to 3 miles per day. According to the USDA, moderately active boys age 9 to 13 need about 1,800 to 2,200 calories per day and moderately active teenage boys ages 14 to 18 require about 2,400 to 2,800 calories each day.

**Active Teens**

Active teenage boys engage in physical activity equivalent to walking more than 3 miles per day. Based on USDA estimates, active boys ages 9 to 13 require 2,000 to 2,600 calories per day and active teenage boys ages 14 to 18 need about 2,800 to 3,200 calories each day.

**Teenage Athletes**

Teenage boy athletes may require significantly more calories than active teenage boys depending on the sport they play, their workout regimen and the length of their workouts. According to TeensHealth, teenage athletes may require 2,000 to 5,000 calories per day depending on how active they are.