

# Boy Scout Camp- Minimum Serving Sizes

Active teenage boys need approximately least 2600-3200 calories per day (varies). Ensuring enough food is served provides calories, protein, vitamins and minerals scouts need. **All Revamp Camps should have this hanging in a highly visible area of the kitchen/prep area.**

## Fruit: 1 choice 3x/day

- 1 SERVING=
  - o If cut (1 cup servings)
  - o If whole, hand fruit, at least 1 piece
  - o If juice, 4 oz.

## Non-Starchy Vegetables: 2 choices, 2x/day

- 1 SERVING=
  - o 1 cup portions

## Low Fat Dairy: 1 choice 3x/day

- 1 SERVING=
  - o 1 oz cheese
  - o 8 oz milk
  - o 6 oz yogurt

## Protein: 2.5 oz 3x/day

- 1 SERVING= 2.5 oz.
  - 23 Large or 6 small meatballs
  - 2.5 oz. chicken or beef
  - 2.5 TBL peanut butter
  - ¾ Cup beans
  - 2-3 Eggs

## Whole Grains and Starchy Vegetables: 3.3 oz 3x/day

- 1 SERVING= 3.3 oz.
  - 1 Cup cereal
  - 1 Cup cooked pasta or rice
  - 1, 12 inch whole grain wrap or tortilla
  - 2 Pieces whole grain bread and 3 cups popcorn
  - 1 cup corn or mashed potatoes

### Sample Menu with Portion Sizes

Breakfast  
Whole-grain cereal (1 Cup)  
Low-fat milk (1 Cup)  
2 eggs  
Banana

Or

Whole-grain waffles (2)  
2.5 Tbl Peanut butter  
6 oz. Greek yogurt  
Whole Fruit

Lunch  
Beef (2.5 oz.) & cheese (1 oz.) burrito on 12 inch whole grain tortilla  
Salsa  
1 Cup Refried beans  
1 Cup cut fruit  
Salad

Or

Grilled chicken and slice of cheese  
Whole grain sandwich roll  
1 Cup Baked beans  
Salad  
1 Cup cut fruit

Dinner  
1 Cup (2 oz. dry) whole grain Spaghetti  
¾ C sauce  
6 small or 3 large meatballs  
1 Cup Broccoli  
Salad  
1 cup peaches  
Low-fat milk

\*Additionally, whole grain PBJ or sunbutter and jelly should be available at all times.

**In addition to appropriate portion sizes, ALL scouts should be able to eat until they are satisfied, through offering adequate time for second servings (excluding dessert).**

**- PRO Wellness Registered Dietitian**