Cub Scout Camp- **Minimum** Serving Sizes

Active cub scouts need approximately 2000 calories per day (varies). Ensuring we serve enough food guarantees scouts receive the calories, protein, vitamins and minerals they need to thrive.

All Revamp Camps should have this hanging in a highly visible area of the kitchen.

**Fruit: 1 choice 3x/day**
- 1 SERVING=
  - If cut (3/4 cup servings)
  - If whole, hand fruit, at least 1 piece
  - If juice, 4 oz.
- Minimum of 2 cups/day

**Non-Starchy Vegetables: 2 choices, 2x/day**
- 1 SERVING=
  - ¾ cup portions
- Minimum of 2.5 cups/day

**Low Fat Dairy: 1 choice 3x/day**
- 1 SERVING=
  - 1 oz. cheese
  - 8 oz. milk
  - 6 oz. yogurt
- Minimum of 3 servings/day

**Protein: 2 oz. 3x/day**
- 1 SERVING= 2 oz.
  - 1 Large or 3 small meatballs
  - 2 oz. chicken or beef
  - 2 TBL peanut butter
  - ½ Cup beans
  - 2 Eggs
- Minimum of 5.5 oz./day

**Whole Grains/ Starchy Vegetables: 2 oz. 3x/day**
- 1 SERVING= 3.3 oz.
  - 2/3 Cup cereal
  - 2/3 Cup cooked pasta or rice
  - 1, 8 inch whole grain wrap or tortilla
  - 2 Pieces whole grain bread
  - 2/3 cup corn or mashed potatoes

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

- PRO Wellness Registered Dietitian