

# 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=
  - o If cut (3/4 cup servings)
  - o If whole, hand fruit, at least 1 piece
  - o If juice, 4 oz.
- Minimum of 2 cups/day

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

- 1 SERVING=
  - o 3/4 cup portions
- Minimum of 2.5 cups/day

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

- 1 SERVING=
  - o 1 oz. cheese
  - o 8 oz. milk
  - o 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
  - 1/2 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

### Sample Menu with Portion Sizes

#### Breakfast

2/3 Cup whole-grain cereal  
1 Cup low-fat milk  
2 Eggs  
Banana

Or

Whole-grain waffles (2)  
2 Tbl peanut butter  
6 oz. Greek yogurt  
Whole fruit

#### Lunch

Beef (2 oz.) & cheese (1 oz.) burrito on 8 inch whole grain tortilla  
Salsa  
3/4 Cup refried beans  
3/4 Cup cut fruit  
Salad

Or

2 oz Grilled chicken and slice of cheese  
Whole grain sandwich roll  
3/4 Cup Baked beans  
Salad  
3/4 Cup cut fruit

#### Dinner

2/3 Cup (2 oz. dry) whole grain Spaghetti  
1/2 Cup tomato sauce  
3 Small or 1 large meatball  
3/4 Cup broccoli  
Salad  
3/4 Cup peaches  
1 Cup low-fat milk

\*Additionally, whole grain PBJ or alternative should be available at all times for growing scouts.

**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**