

VEGETABLES AND FRUITS

One serving of vegetables can be:

1 cup of raw leafy vegetables

1/2 cup of other vegetables, cooked or raw

3/4 cup (6 ounces) of vegetable juice

One serving of fruit can be:

One medium apple, orange or banana

1/2 cup of chopped, cooked or canned fruit

4 ounces of juice

AVERAGE SLEEP BY AGE

Newborns.....	16-20 hrs, 1-4 hrs of sleep followed by 1-2 hr awake Day sleep = night sleep
1 week old.....	16.5 hrs including 4 naps
1 month old.....	15.5 hrs including 3 naps day/night differentiation at 6-12 wk
3 months old.....	15 hrs including 3 naps
4-6 months old.....	6 to 8 hr long sleep periods
6 months old.....	14 hrs including 2-3 naps
9 months old.....	14 hrs including 2 naps
1 year old.....	13.75 hrs including 2 naps
<i>1 year old.....</i>	<i>14 hrs including 2 naps</i>
<i>2 years old.....</i>	<i>13 hrs including 1 nap</i>
<i>3 years old.....</i>	<i>12 hrs including 1 nap</i>
<i>5 years old.....</i>	<i>11 hrs,</i>
<i>9 years old.....</i>	<i>10 hrs</i>

14 years old..... 9 hrs

18 years old 8 hrs