

Food group targets for a 2,600 calorie* pattern are:

Write your food choices for each food group



2 cups

- 1 cup of fruits counts as
- 1 cup raw or cooked fruit; or
 - 1/2 cup dried fruit; or
 - 1 cup 100% fruit juice.



3 1/2 cups

- 1 cup vegetables counts as
- 1 cup raw or cooked vegetables; or
 - 2 cups leafy salad greens; or
 - 1 cup 100% vegetable juice.



9 ounce equivalents

- 1 ounce of grains counts as
- 1 slice bread; or
 - 1 ounce ready-to-eat cereal; or
 - 1/2 cup cooked rice, pasta, or cereal.



6 1/2 ounce equivalents

- 1 ounce of protein counts as
- 1 ounce lean meat, poultry, or seafood; or
 - 1 egg; or
 - 1 Tbsp peanut butter; or
 - 1/4 cup cooked beans or peas; or
 - 1/2 ounce nuts or seeds.



3 cups

- 1 cup of dairy counts as
- 1 cup milk; or
 - 1 cup yogurt; or
 - 1 cup fortified soy beverage; or
 - 1 1/2 ounces natural cheese or 2 ounces processed cheese.
