



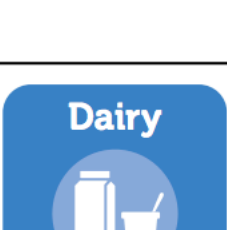


Food group targets for a 2,800 calorie* pattern are:

Write your food choices for each food group

 <p>Fruits</p>	<p>2 1/2 cups</p> <p>1 cup of fruits counts as</p> <ul style="list-style-type: none">• 1 cup raw or cooked fruit; or• 1/2 cup dried fruit; or• 1 cup 100% fruit juice.	<hr/> <hr/> <hr/> <hr/>
 <p>Vegetables</p>	<p>3 1/2 cups</p> <p>1 cup vegetables counts as</p> <ul style="list-style-type: none">• 1 cup raw or cooked vegetables; or• 2 cups leafy salad greens; or• 1 cup 100% vegetable juice.	<hr/> <hr/> <hr/> <hr/>
 <p>Grains</p>	<p>10 ounce equivalents</p> <p>1 ounce of grains counts as</p> <ul style="list-style-type: none">• 1 slice bread; or• 1 ounce ready-to-eat cereal; or• 1/2 cup cooked rice, pasta, or cereal.	<hr/> <hr/> <hr/> <hr/>
 <p>Protein</p>	<p>7 ounce equivalents</p> <p>1 ounce of protein counts as</p> <ul style="list-style-type: none">• 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.	<hr/> <hr/> <hr/> <hr/>
 <p>Dairy</p>	<p>3 cups</p> <p>1 cup of dairy counts as</p> <ul style="list-style-type: none">• 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.	<hr/> <hr/> <hr/> <hr/>