

Food group targets for a 3,000 calorie\* pattern are:

Write your food choices for each food group



**2 1/2 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.

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**4 cups**

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

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**10 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.

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**7 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.

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**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.

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