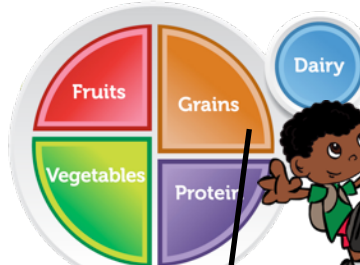
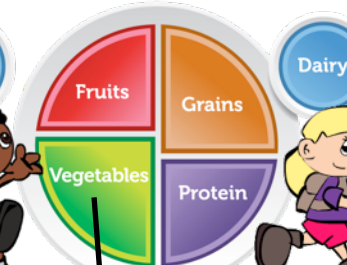
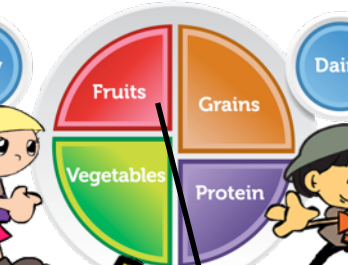
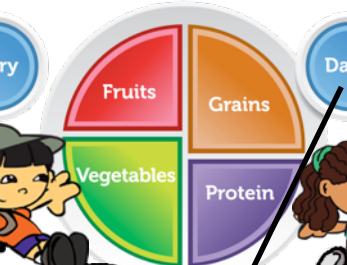
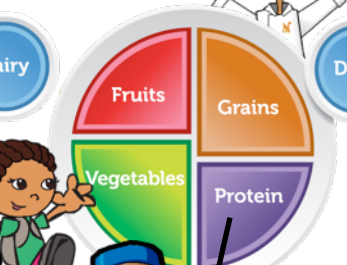


# My Plate - Food Group Servings and Amounts

 <p><b>Grains</b> 1 serving = 1 ounce</p>	 <p><b>Vegetables</b> 1 serving = 1/2 cup</p>	 <p><b>Fruits</b> 1 serving = 1/2 cup</p>	 <p><b>Dairy</b> 1 serving = 1 cup</p>	 <p><b>Protein</b> 3 serving = 3 ounces</p>
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Look for the words "100% <b>Whole grains</b>"</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p><b>Veggies are the main source of Vitamin A</b></p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p><b>Fruits are the main source of Vitamin C</b></p> <p>Eat a variety of fresh fruit.</p> <p>Fruit juice can have a lot of added sugar. so try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</p>	<p><b>Milk provides calcium for strong bones and teeth</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p><b>Choose lean meats and poultry</b></p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = small handful of nuts 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity. Be physically active for at least <b>60 minutes every day</b>, or most days.</p>		<p><b>Limit Fats and Sugars.</b> Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>		

Visit [www.ChefSolus.com](http://www.ChefSolus.com) for printable food groups worksheets for kids, nutrition education games, mypyramid puzzles, activities and more food pyramid chart fun!  
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