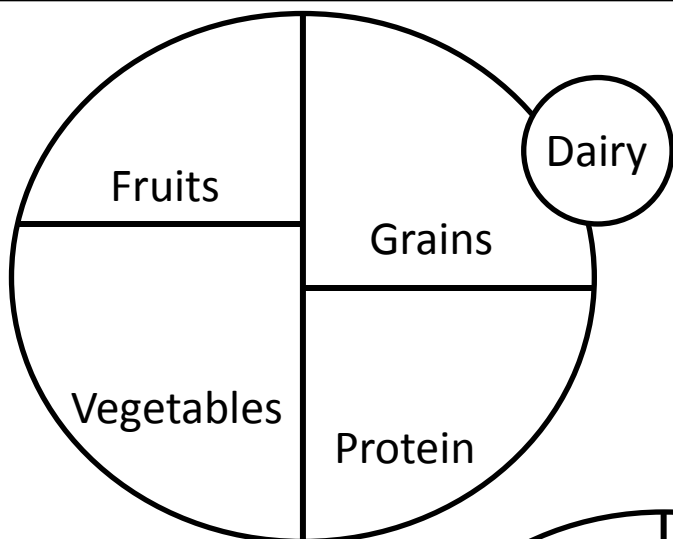
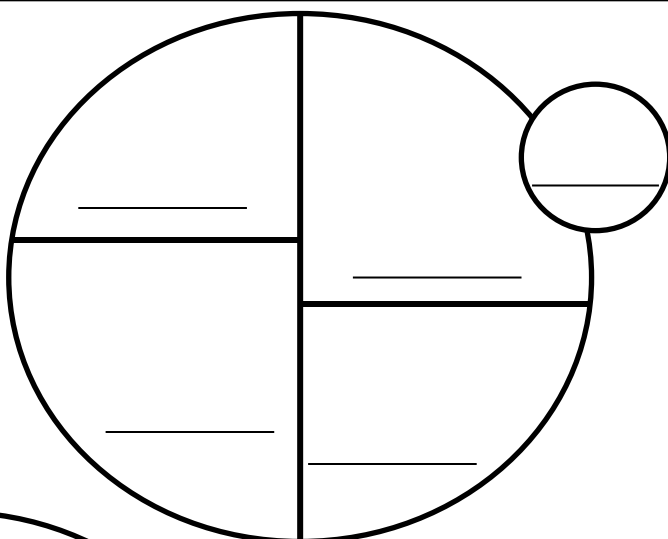


# My Plate

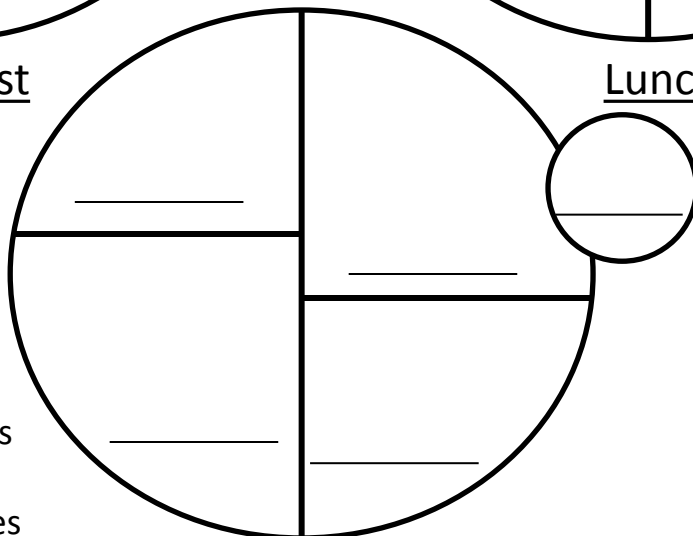
Label the food groups on the plates below. Then, cut and paste pictures from the bottom of the page to show a well balanced menu for 1 day. Use the guidelines to make sure you don't go over



Breakfast



Lunch



Dinner

Guidelines:

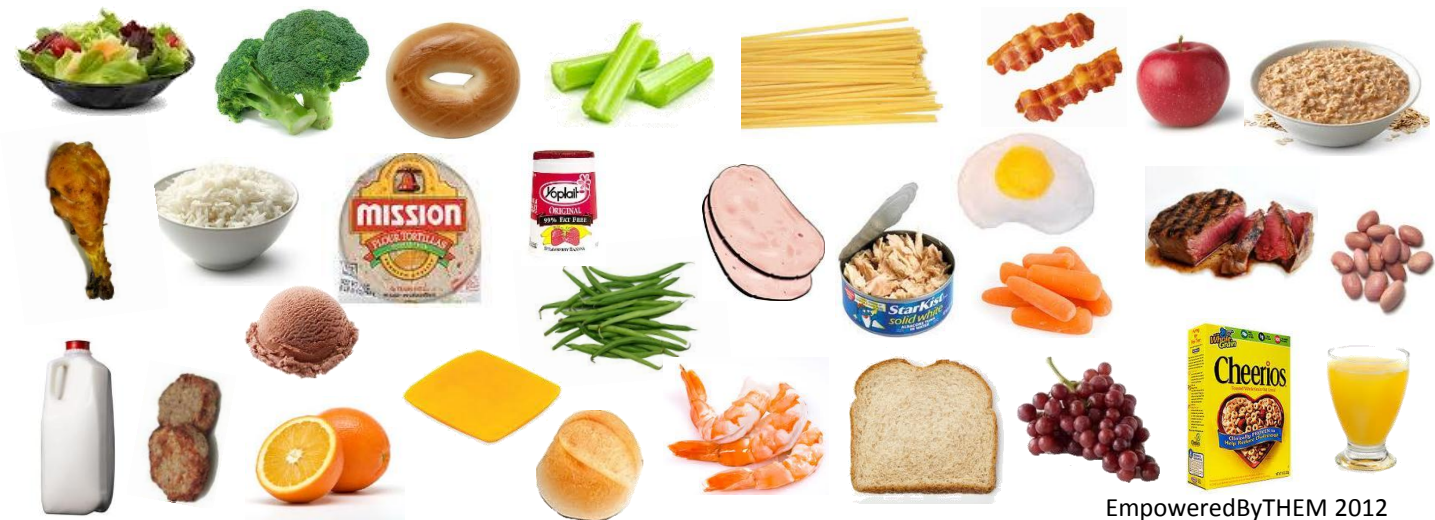
Fruits – 2 cups

Vegetables – 2 ½ - 3 cups

Grains – 6 – 8 ounces

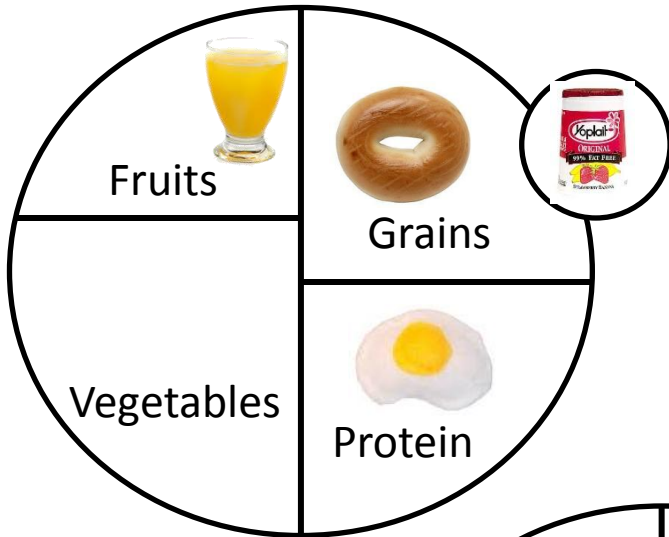
Protein – 5 ½ - 6 ½ ounces

Dairy – 3 cups

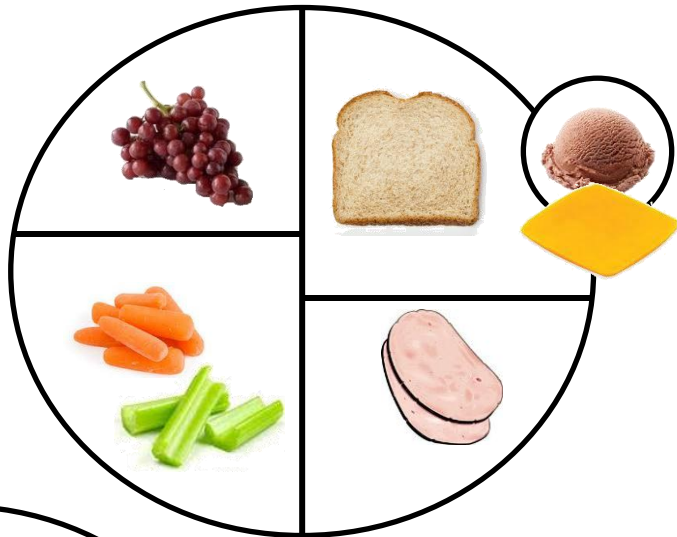


# My Plate Sample

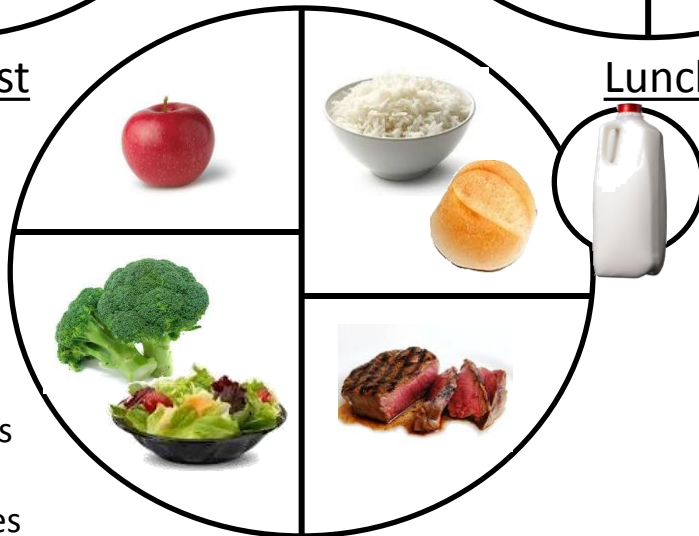
Using the foods at the bottom of the page, cut and paste some of the foods to each plate to show a well balanced menu for one day.



Breakfast



Lunch



Dinner

Guidelines:

- Fruits – 2 cups
- Vegetables – 2 ½ - 3 cups
- Grains – 6 – 8 ounces
- Protein – 5 ½ - 6 ½ ounces
- Dairy – 3 cups

