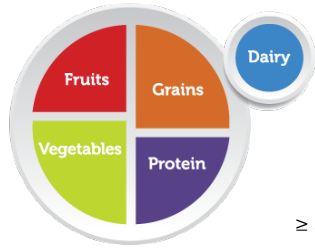


## MY PLATE



2 cups of fruit/day

2.5 cups of veggies/day

3 cups of dairy/day

6 oz of grains/day

5.5 oz of protein/day

8 glasses of water/day

≥ 30 moderate physical activity/day

For More Information:  
choosemyplate.gov

(daily recommendations based on < 30  
min of moderate physical activity/day)

## 1 CUP OR OUNCE EQUALS

Fruit: ~32 grapes, 1 large banana, 1/2 cup raisins, ~8 large strawberries, 1 small or 1/2 large or just 1 cup of apple

Veggies: 1 cup cooked or 2 cups raw spinach, ~ 12 baby carrots, 1 large bell pepper, 1 cup chopped broccoli

Protein: 1Tbsp PB/ nut butter, 1 whole egg, 1.5 egg whites, 1/4 cup cooked beans, ~ 12 almonds, ~24 pistachios

Dairy: 2 oz processed cheese, 1.5 oz hard cheese, 1.5 cups of ice cream, 1 cup yogurt

Grains: 1 slice of bread, 1/4 bagel, 1/2 cup cooked oatmeal or brown rice, 1/2 cup cooked or 1 oz dry pasta, 3 cups popcorn (popped)