

# Meal Planning Guide

FOOD GROUP	PORTION SIZE
<p><b>Milk/Dairy</b></p> <p>Have ____ servings/day</p>	<p>1 cup Skim or 1% milk, soy milk or almond milk</p> <p>6-8 oz yogurt</p> <p>1-2oz cheese (1 string cheese, ¼ c shredded, 1 slice)</p> <p>1/2c cottage or ricotta cheese</p> <p>2 Tbsp mozzarella, parmesan or feta cheese</p>
<p><b>Fruit</b></p> <p>Have ____ servings/day</p>	<p>1/2 cup fruit juice</p> <p>½ cup canned fruit (canned in “light” syrup or in fruit juice)</p> <p>1 med apple, orange, or banana (size of tennis ball)</p> <p>¼ cantaloupe</p> <p>1 cup berries, cherries, melon, grapes, pineapple</p> <p>2 small kiwi, plums, clementines</p> <p>2 Tbsp raisins</p> <p>1/4cup dried fruit</p> <p>3 dates, prunes</p>
<p><b>Vegetables: non starchy</b></p> <p>Have ____ servings/day</p>	<p>½ cup cooked vegetables</p> <p>1 cup raw vegetables</p> <p>½ cup tomato or vegetable juice</p>
<p><b>Grains/Starches: Breads, Cereal, Rice &amp; Pasta, Starchy Veg</b></p> <p>Have ____ servings/day</p>	<p>1 slice bread</p> <p>2 slices light bread</p> <p>1 tortilla, 6”</p> <p>½ cup cooked cereal, rice or pasta, corn or peas, potato</p> <p>1 oz ounce dry cereal (¾c flakes, ¼c granola)</p> <p>½ hamburger or hot dog roll, English muffin, pita pocket</p> <p>¼ large bagel (1 ounce)</p> <p>3-4 crackers</p> <p>1 pancake, 4” or waffle</p> <p>½ cup beans, peas &amp; lima beans</p> <p>½ cup grains – lentils, barley, quinoa</p> <p>½ med Potato, sweet potato</p>
<p><b>Meat, Poultry, Dry Beans, Eggs, &amp; Nuts</b></p> <p>Have ____ servings/day</p>	<p>1 oz cooked chicken, turkey, fish, pork, beef, lamb, venison, shellfish egg (or 2 eggwhites or 1/4c egg substitute)</p> <p>1 peanut butter (+2 fats)</p> <p>2 Tbls nuts (+2 fats)</p> <p>1/3 cup legumes – kidney, garbanzo, pinto, black</p> <p>½ cup tofu, soy crumbles</p> <p>½ cup canned tuna or salmon</p> <p>1/4c</p>
<p><b>Fats</b></p> <p>Have ____ servings/day</p>	<p>1 tsp oil, margarine, butter, mayonnaise</p> <p>1 Tbls salad dressing, reduced fat margarine, reduced fat butter, reduced fat mayonnaise, cream cheese</p> <p>2 Tbls reduced fat salad dressing, sour cream</p> <p>½ Tbls peanut butter</p> <p>5 large Olives</p> <p>1/8th Avocado</p>