

Meal Planning Guide

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