

PLAN MEALS FOR A DAY

WITH ALL 5 FOOD GROUPS

Breakfast

Include at least
3 food groups

Grain = Whole grain cereal

Dairy = Low-fat milk

Fruit = Fresh banana

AM Snack

Include at least
2 food groups

Vegetable = Fresh carrot and bell pepper sticks

Dairy = Low-fat yogurt dill dip

Lunch

Include at least
3 food groups

Vegetable = Frozen green peas

Protein = Peanut butter

Grain = Whole grain bread

Fruit = Sliced strawberries

PM Snack

Include at least
2 food groups

Fruit = Fresh green grapes

Dairy = Low-fat cheese slices

Dinner

Include at least
3 food groups

Vegetable = Fresh acorn squash

Grain = Brown rice

Protein = Chicken thighs

