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FAMILY			
Food Type	Amount from Each Category	Item Example	Pounds*
Grains	4	Pasta, Rice, or Tortillas	4
	2	Cereal, Oatmeal	2.5
Protein	3	Canned Protein (tuna, salmon, chicken, pork)	4
	3	Peanut Butter/Nut Butter	
	1	Canned Beans or Lentils Dried Beans or Lentils	1
Vegetables	7	Canned Vegetables	7
Fruits	6	Canned Fruit	5.5
	OR 2	Canned Fruit	
	1	Juice	
EXTRA	1	Mac and Cheese or Enriched Pasta	1
			≈ 25

INDIVIDUAL			
Food Type	Amount from Each Category	Item Example	Pounds*
Grains	2	Pasta, Rice, Tortillas	2.5
	1	Cereal, Oatmeal	1
Protein	1	Canned Protein (tuna, salmon, chicken, pork)	2
		Peanut Butter/Nut Butter	
	1	Canned Beans or Lentils	
	1	Dried Beans or Lentils	1
Vegetables	4	Canned Vegetables	4
Fruits	3	Canned Fruit	3.5
	OR 1	Juice	
EXTRA	1	Mac and Cheese or Enriched Pasta	1
			≈ 15

*pounds are meant as a general guideline and are flexible as long as they adhere to MyPlate portions