

1 cup of fruit

1 small apple, 1 large banana, 1 large orange, 16 grapes, 8 strawberries

1 cup of
vegetables

(Dark green)
(Red/orange)
(Starchy)
(Other)
(Beans & peas)

3 spears of broccoli, 2 cups of raw spinach
12 baby carrots, 2 small tomatoes 1 cup of beans or peas
1 large ear of corn, 1 medium potato
1 cup of sliced cucumber, 2 large stalks of celery, 1 cup of mushrooms or green beans

1 ounce of grains

1 mini bagel, 1 slice of bread, 5 whole wheat crackers, 1 small muffin, 1 packet of instant oatmeal, 1/2 cup of cooked pasta

1 ounce of protein

1 ounce of meat, poultry or fish; 1/4 cup of cooked beans, 1 egg, 1 tablespoon of peanut butter, 1/2 ounce of nuts or seeds

1 cup of dairy

8 oz. container of yogurt, 1/3 cup of shredded cheese, 1 cup of milk