

My Plate - Food Group Servings and Amounts

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| <p>Grains 1 serving = 1 ounce</p> | <p>Vegetables 1 serving = 1/2 cup</p> | <p>Fruits 1 serving = 1/2 cup</p> | <p>Dairy 1 serving = 1 cup</p> | <p>Protein 3 serving = 3 ounces</p> |
| <p>Make 1/2 your grains whole grains.</p> <p>Look for the words "100% Whole grains"</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p> | <p>Veggies are the main source of Vitamin A</p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p> | <p>Fruits are the main source of Vitamin C</p> <p>Eat a variety of fresh fruit.</p> <p>Fruit juice can have a lot of added sugar. so try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</p> | <p>Milk provides calcium for strong bones and teeth</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p> | <p>Choose lean or fat free meats and poultry</p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = small handful of nuts 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p> |
| <p>Find your balance between food and physical activity. Be physically active for at least 60 minutes every day, or most days.</p> | | <p>Limit Fats and Sugars. Limit foods with added fats and sugars, they only add calories but no other nutrients.</p> | | |

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