

Food Group Choices

What and How Much Would YOU Eat for a Day?

Use this chart to plan a day's worth of foods YOU like to eat that will give you the kinds and amounts of foods you need.

Food group amounts based on age, gender, activity level				
	Less Food	Food Amounts for 2,000 calories	More Food	Fill in Amounts YOU need
Fruits	1 ½ cups	2 cups	2 ½ cups	
Vegetables	2 cups	2 ½ cups	4 cups	
Milk	3 cups	3 cups	3 cups	
Meat and Beans	5 ounces	5 ½ ounces	7 ounces	
Grains	5 ounces	6 ounces	10 ounces	

How to use the *Food Group Choices*-worksheet:

- 1) Write the names of foods on the squares for each food group on the worksheet.
 - Divide the total amount for a day (5½ oz. or equivalent) among the three Meat and Beans group squares.
 - Choose two vegetables (try to get dark-green and orange-colored ones).
 - Choose grain foods made with whole grains (for extra credit).
- 2) Cut, or tear apart, the square sections of this chart.
- 3) Sort the squares into piles according to the way you would eat them as part of meals or snacks.

Food Group Choices

Grains Group
1 oz. or equivalent

Grains Group
1 oz. or equivalent

Grains Group
1 oz. or equivalent

Grains Group
1 oz. or equivalent

Grains Group
1 oz. or equivalent

Grains Group
1 oz. or equivalent

Name a food made from whole grains

Name a food made from whole grains

Name a food made from whole grains

Vegetables Group $\frac{1}{2}$ cup

Vegetables Group $\frac{1}{2}$ cup

Vegetables Group $\frac{1}{2}$ cup

Choose an ORANGE
colored vegetable

Choose a dark-GREEN
colored vegetable

Vegetables Group $\frac{1}{2}$ cup

Vegetables Group $\frac{1}{2}$ cup

Fruits Group $\frac{1}{2}$ cup

Fruits Group $\frac{1}{2}$ cup

Fruits Group $\frac{1}{2}$ cup

Fruits Group $\frac{1}{2}$ cup

Milk Group
8 oz. cup or equivalent

Milk Group
8 oz. cup or equivalent

Milk Group
8 oz. cup or equivalent

Meat & Beans Group

Meat & Beans Group

Meat & Beans Group

Write # ounces, or equivalents
(for a total of $5\frac{1}{2}$ oz. for a day)

Write # ounces, or equivalents
(for a total of $5\frac{1}{2}$ oz. for a day)

Write # ounces, or equivalents
(for a total of $5\frac{1}{2}$ oz. for a day)

“My” Food Group Choices-Topic 5 Teacher’s Version

This worksheet shows “YOUR” alternative day’s worth of foods, compared to the poster.

Breakfast	hard cooked egg (= 1 ounce), toast, (= 1 ounce), orange juice (= 1 cup)
Lunch	ham & cheese sandwich (1 ounce ham, 1½ ounce natural cheese) on whole-wheat bread (= 2 ounces) with lettuce and tomato (= ½ cup) vanilla yogurt (= 1 cup), pear (= 1 small), carrot chunks (= ½ cup).
Snacks	2 molasses cookies, 2 mugs of coffee with ½ cup milk each (= 1cup)
Dinner	chicken breast (= 3½ ounces), rice (= 1 cup), spinach salad (= 1 cup), cucumber slices (= ½ cup), pineapple chunks (= ½ cup)

Salad dressing, mayonnaise, and soft margarine are YOUR source of oils for this day.