

FRUITS

Each person
needs between
1 and 2 cups of
fruit each day

GRAINS

Each person
needs between
3 and 8 ounces
each day – at least
half of the amount

DAIRY

Each
person needs
between 2 and
3 cups each
day.



fruit each day.


VEGETABLES
Each person

half of the amount
should be whole
grains.

PROTEIN







needs between
1 and 3 cups of
vegetables
each day.

PROTEIN

Each person needs
between 2- and
6.5-ounce
equivalents
each day.



chad





Plato

nov

Cmoo

osemy

Plate

.gov