

**Nutrition
Work Sheets
(to Copy)**

Caring for our Bodies with Good Food Choices: My Food Plan

Instructions	Bread, Cereal, Rice, and Pasta	Vegetable	Fruit	Milk, Yogurt Cheese	Meat, Poultry, Fish, Dry Beans, and Nuts Group	Fish, Oils, and Sweets
Serving Recommendation	6-11 servings a day	3-5 servings a day	2-4 servings a day	2-3 servings a day	2-3 servings a day	A little bit not very often
Examples of what is a serving	1 slice of bread ½ cup of pasta ¾ cereal ½ English muffin ½ cup of rice ½ a muffin	1 cup leafy vegetables ½ cup raw or cooked vegetables ¾ cup veggie juice	1 apple, banana, or orange ½ cup cooked or canned fruit ½ fruit juice (real)	1 cup of milk 1 cup of yogurt 1 square of cheese (sandwich size)	2 to 3 ounces of cooked lean meat, poultry, or fish (a little smaller than a deck of cards) 1 egg ½ cup beans 1 tbs peanut butter	No set recommended serving ideas.
How did I do Yesterday?						
My plan for a good eating ideas with some of my favorite foods						