

## Planning Guide to Balanced Meals



### Fruits- 1 Serving is equivalent to:

1 Apple (small)	1 Banana (small)	Berries 1 cup	Canned Fruit $\frac{1}{2}$ cup	Cherries (Fresh ) 1 cup	Grapefruit $\frac{1}{2}$ medium	Grapes (17 small)
Mandarin $\frac{3}{4}$ cup Oranges	1 Orange (small)	Peach, Fresh (small)	Pear $\frac{1}{2}$ large	Pineapple, (Fresh) $\frac{3}{4}$ cup	Plums (2 small)	Raisins (2 T.)



### Non-starchy Vegetables-1 Serving is equivalent to: $\frac{1}{2}$ cup cooked or 1 cup raw

Artichoke	Asparagus	Beans,	Bean Sprouts	Beets	Broccoli	Brussels Sprouts	Cabbage	Carrots
Cauliflower	Celery	Cucumber	Eggplant	Green Onions	Pea Pods	Peppers	Radishes	Salad Greens- <u>2 cups=</u> <u>1serving</u>
Sauerkraut	Spinach	Squash (summer)	Tomato	Turnips	Vegetable Juice	Water Chestnuts	Zucchini	



### Starchy Vegetables- 1 serving is equivalent to: $\frac{1}{2}$ cup

Corn	Dried beans	Peas	Potato	Sweet Potato
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**Starches- 1 serving is equivalent to: 1 oz portion/28 grams**

Bread 1 slice regular calorie	Biscuit 2 ½ in	Buns ½ bun	Cereal (cold) unsweetened ¾ cup	Cereal (cooked) ½ cup	Corn bread 2 in sq.	Crackers (saltines) 6 crackers
English Muffin ½ muffin	Pancake 4 inch round	Pasta ½ cup	Pita 6 inch (half)	Rice ½ cup	Popcorn 3 cups	Waffle 1 standard

**\* Choose Whole Grains**



**Milk-1 serving is equivalent to:**



Milk 1cup	Cheese 1 ½ oz or 1/3 cup shredded	Yogurt 1 cup	Cottage Cheese ½ cup is equivalent to ¼ cup of milk
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**\*Choose low fat dairy products**

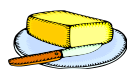


**Meat- 1 ounce serving is equivalent to:**



Lean Beef (1oz.)	Eggs 1 or 2 whites/or ¼ cup egg beaters	Cottage Cheese (¼ cup)	Dried beans (1/2 cup)	Game (1 oz.)
Fish or Shellfish (1 oz.)	Lamb (1 oz.)	Peanut Butter	Pork (1 oz.)	Poultry (1 oz.)

**\*Choose Lean Meat**



**Fats: 1 serving is equivalent:**



Bacon 1 slice	Canola Oil 1 tsp.	Cr Cheese 1 T.	Margarine (1 tsp.)	Mayo (1 t.)	Mayo (LF) (1 T.)	Mixed nuts (6)
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