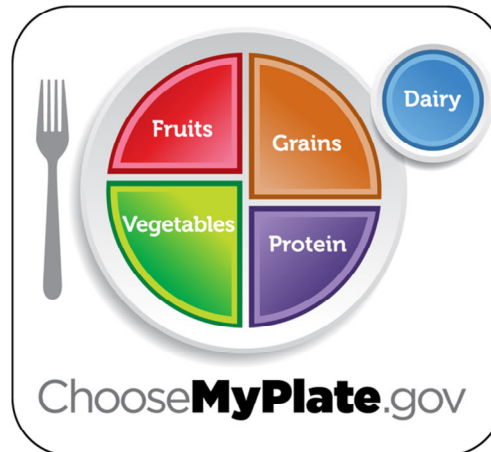


Food Models



- Guidelines for how much of each type of food a person should have in a day vary
- Currently, the USDA recommends the MyPlate model as a reference for what a typical meal should look like

Dairy Group: Aim to get 3-4 servings each day. A serving equals 1 cup milk OR 1 cup yogurt OR 1 ½ ounces natural cheese OR 2 ounces processed cheese

Meat/Meat Alternate Group: Aim to get 5-6 ½ ounces each day. An ounce equals 1 ounce of meat, poultry or fish OR 1 medium egg OR ¼ cup beans OR ½ ounce nuts or seeds OR 2 tablespoon peanut butter OR 1/4 cup cottage cheese OR ¼ cup Tofu OR ½ cup yogurt

Vegetable Group: Aim to get 3-5 servings each day. A serving equals ½ cup cooked vegetables OR ½ cup chopped raw vegetables OR 1 cup raw, leafy vegetables OR ¾ cup vegetable juice

Fruit Group: Aim to get 2-4 servings each day. A serving equals 1 medium piece of fruit OR ½ cup chopped fruit OR ¼ cup dried fruit OR ¾ cup fruit juice

Grain Group: Aim to get 6-11 servings each day. A serving equals 1 slice of bread OR ½ cup rice OR ½ cup pasta OR ½ cup cooked cereal OR 1 ounce ready to eat cereal OR 4-6 crackers OR ½ bun OR 1 small tortilla

For more information on the MyPlate food model visit ChooseMyPlate.gov