

my plate

1 CUP EQUIV

- 1 cup milk
- 1 cup yogurt
- $\frac{1}{3}$ cup cheese
- 1 cup fortified soymilk
- 2 cups cottage cheese

DAIRY

F R U I T

- 1 cup fresh
- 1 cup canned
- 1 cup fruit juice
- 1 large banana
- 32 grapes

1 CUP EQUIV

G R A I N

- $\frac{1}{2}$ cup rice
- 1" mini bagel
- 1 small biscuit
- 1 slice bread
- 3 cup popcorn
- $\frac{1}{2}$ cup oatmeal
- 1 cup cereal, flakes

1 OZ-EQUIV

1 CUP EQUIV

V E G G I E

- 1 cup vegetable juice
- 2 cups raw leafy
- 1 cup cooked

P R O T E I N

1 OZ-EQUIV

- $\frac{1}{2}$ oz nuts or seeds
- 1 oz lean meat
- $\frac{1}{4}$ cup beans
- 1 egg



MyPlate

Daily

Recommendations

Fruit

Women	19-30 years	2 cups
	31+ years	1 ½ cups
Men	19-30 years	2 cups
	31-50 years	2 cups

Veggie

Women	19-50 years	2 ½ cups
	51+ years	2 cups
Men	19-50 years	3 cups
	51+ years	2 ½ cups

Dairy

Women	19-30 years	3 cups
	31+ years	3 cups
Men	19-30 years	3 cups
	31-50 years	3 cups

Grain

Women	19-30 years	5 ½ oz-equiv
	31+ years	5 oz-equiv
Men	19-30 years	6 ½ oz-equiv
	31-50 years	5 ½ to 6 oz-equiv

Protein

Women	19-30 years	5 ½ oz-equiv
	31+ years	5 oz-equiv
Men	19-30 years	6 ½ oz-equiv
	31-50 years	5 ½ to 6 oz-equiv