

# IMAGINE YOUR PORTIONS AND FOOD GROUPS!



One cup  
of milk or  
milk-alternative



1/2 cup - 1 cup  
of fruit

**One cup of vegetables**

Fill half your plate  
with a variety of  
colorful vegetables!

**3 ounces of meat,  
poultry or fish**

Equals the size  
of a deck of cards

**1/2 cup of  
potatoes,  
rice or pasta**

Make at least half  
of your grains whole