

# WHAT YOU SHOULD EAT

FOOD GROUP	# SERVINGS - BREAKFAST	# SERVINGS - LUNCH	# SERVINGS - DINNER #1	# SERVINGS - DINNER #2	TOTAL # SERVINGS PER DAY	EXAMPLES OF 1 SERVING
COMPLEX CARBOHYDRATES	3	3	3	3	12	1 BOWL OF CEREAL 1/4 PLATE OF PASTA/RICE 1 PIECE OF TOAST 1/4 PLATE OF BEANS/LENTILS
PROTEINS	1	1	1	1	4	1/4 PLATE OF EGGS, BEEF, CHICKEN, TURKEY, OR FISH
FRUITS / VEGETABLES	2	2	2	2	8	1 WHOLE FRUIT 1/4 PLATE OF VEGETABLES (ANY KIND)
MILK / DAIRY PRODUCTS	1	1	0	1	3	1 GLASS OF MILK 1 CUP OF YOGURT 4 SLICES OF CHEESE