### Milk, Cheese & Yogurt: 2-3 Servings per Day (possibly 4)
- 1 cup (8 oz.) milk, ½ cup (4 oz.) evaporated milk
- 1 ½ oz cheese, 1 slice cheese (any), 2 oz. processed cheese, 1/3 cup grated cheese
- 2 c. (16 oz.) cottage cheese
- 1 ½ cup (12 oz) ice cream, ice milk, frozen yogurt
- 1 cup (8 oz.) yogurt

### Meat, Poultry, Dry Beans, Eggs, Nuts: 2-3 Servings per Day
- 2-3 oz. meat, fish, poultry (hamburger patty, chicken patty, sausage, etc.)
- 1 slice lunch meat (ham, turkey, bologna, chicken)
- 1 drumstick, leg, wing, chicken breast
- 1 hot dog
- 2 eggs
- 1 cup (8 oz.) cooked dry beans, peas, lentils
- ½ cup nuts (any), 4 Tbsp peanut butter
- ½ block tofu

### Fruits: 2-4 Servings per Day
- ½ cup fruit (raw, frozen, canned, chopped)
  - ½ grapefruit
  - ¼ cantaloupe (any melon)
  - 1 pear, peach, plum, banana
  - 1 2-3” apple
- ¾ cup (6 oz.) 100% fruit juice (apple, cranberry, grape, etc.)
- ½ cup (4 oz.) 100% orange juice
- ¼ cup raisin (dried fruit)

### Vegetables: 3-5 Servings per Day
- 1 cup raw, leafy greens (lettuce, spinach, or other)
- ¾ cup (6 oz.) juice (tomato, carrot, celery, etc.)
- ½ cup raw or cooked vegetables (carrots, peas, broccoli, corn, potatoes, spinach, sweet potatoes)
- 1 medium potato
- 7 French fries (frozen, baked) Fast food fries count as a limited extra.

### Breads, Cereals, and other Grains: 6-11 Servings per Day
- 1 slice bread (wheat, white, whole grain, enriched, etc.)
- 1 tortilla, taco shell
- ½ cup cooked rice
- 1 pancake
- 6 crackers
- 1 cup (1 oz.) ready-to-eat cereal (Cheerios, Wheaties, Life, etc.)
- 1 granola bar
- 1 canned biscuit, ½ fast food biscuit
- ½ cup cooked cereal (grits, oatmeal, cream of wheat)
- 1 muffin (blueberry, bran, etc.), ½ English muffin
- ½ hamburger bun or hot dog roll
- ½ cup cooked pasta (spaghetti, noodles, vermicelli, macaroni)
- ½ bagel
- 1 dinner roll, or croissant
- 3 cups plain popcorn

### Limited Extras: Use Sparingly
Cookies, cake, candy, brownies, chocolate, sugar, donuts, danishes, pastries, poptarts, potato chips/snacks, popcorn- with added butter or salt, fast food french fries, margarine, butter, oil, cream cheese, mayonnaise, sour cream, salad dressings, jams, jellies, jello, ketchup, mustard, relish, added sauce, tea/coffee, drink mixes (Kool Aid), soft drinks, juice drinks, bacon, alcohol, beer