Lunch/Dinner

Milk Group
Example:
~1 cup skim or 1% milk OR
~1 cup plain or artificially sweetened yogurt

Fruit Group:
Example:
- 1 small fresh fruit (tennis ball size) or
- 1/2 c. canned low sugar or
- 1/2 cup juice

1/2 Plate
Non Starchy Vegetable
Examples:
~Steamed green beans
~Steamed carrots
~Broccoli
~Green salad with tomatoes
~Stir-fried pea pods
and mushrooms/onions/peppers

1/4 Plate
Meat or Other Protein
Examples:
~1/2 chicken breast 2-3oz
~3oz pork loin
~1 grilled fish filet 3-4oz
~Small hamburger 90-95% lean

1/4 Plate
Grain/Beans
Starchy Vegetable
Examples:
~Small baked potato
(computer mouse size)
~Small whole grain roll
~1/2 c. corn/peas/wtr. squash
~1/2 c. beans/legumes
~1/2 c. brown rice

Free foods:
(20 calories or less)
- Pepper
- Catsup
- Mustard
- Unsweetened coffee or tea
- Sugar substitutes
- Sugar free gelatin
- Diet soda pop

Revised 11/04