

## SAMPLE MEAL PATTERN

<b>Food Group</b>	<b>Servings/Meal</b>	<b>DG's Daily Servings</b>
<b>Bread/Alternate</b>	<b>2</b>	<b>6-9 Include whole grain high fiber foods</b>
<b>Vegetable</b>	<b>2</b>	<b>3-4 Include dark green leafy and orange vegetables / juice or cooked dry beans/peas</b>
<b>Fruit</b>	<b>1</b>	<b>2-3 Include deeply colored fruits such as oranges</b>
<b>Milk or Alternate</b>	<b>1</b>	<b>3 Select low fat products</b>
<b>Meat or Alternate</b>	<b>1 (3 oz or equivalent)</b>	<b>2 Daily total of 6 ounces</b>
<b>Fats</b>	<b>1 (1 tsp. or equivalent)</b>	<b>Select foods lower in fat, saturated fat and cholesterol. Limit total fat to 30%, saturated 10%</b>
<b>Dessert</b>	<b>Optional</b>	<b>Select foods high in whole grains, low in fat and sugar</b>
<b>Sodium</b>		<b>Select and prepare foods with less salt or sodium</b>