

SAMPLE MEAL PATTERN

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