

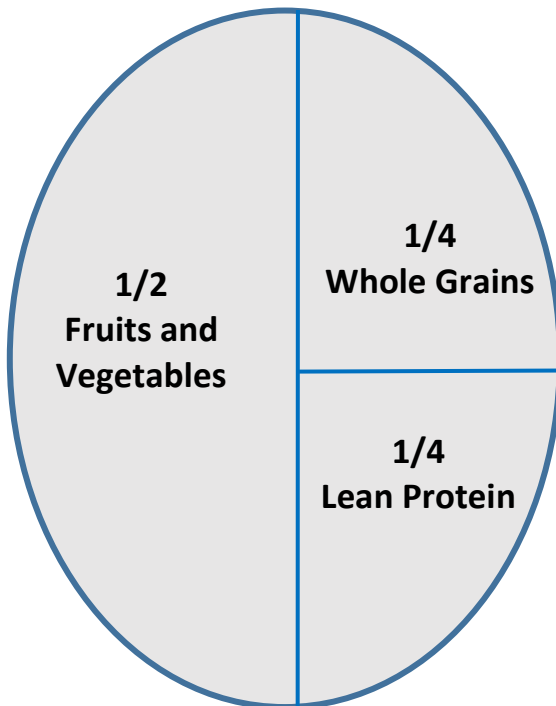


Look at My Lunch



Recommended Number of Food Guide Servings Per Day				
Adults				
	19-50 Years		51+ Years	
	Female	Male	Female	Male
Vegetables and Fruit	7-8	8-10	7	7
Grain Products	6-7	8	6	7
Milk and Alternatives	2	2	3	3
Meat and Alternatives	2	3	2	3

A Balanced Lunch



What Does a Serving Look Like?

2 hands = a cup (for veggies)

1 hand = 1/2 cup (whole grains, rice, or fruit)

Palm of hand or deck of cards = 3-4oz (protein)

Thumb = 1 tbsp (for healthy fats like olive oil)

