



Helping families eat well and be active

## Did I Get All My Nutrients Today?

Nutrients are part of food. They help your body grow and stay healthy

### 1 Low-fat dairy: three servings each day

one serving is equal to one cup of milk, six ounces of yogurt or one ounce of cheese, in other words one slice or four small cubes of cheese

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### 2 Fruit: three servings each day

one serving is equal to one medium sized piece of fruit or a half cup of fruit cup in natural juices

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### 3 Vegetables: five servings each day

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### 4 Lean protein: three servings each day

One serving is equal to two ounces or a half cup of the protein you are choosing, such as chicken, turkey or beef

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### 5 Whole grains: five servings each day

One serving is equal to one slice of bread, a half bagel or roll, one small waffle or pancake, one cup of cereal, a half cup of pasta, a half cup of rice or a half cup of hot cereal

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