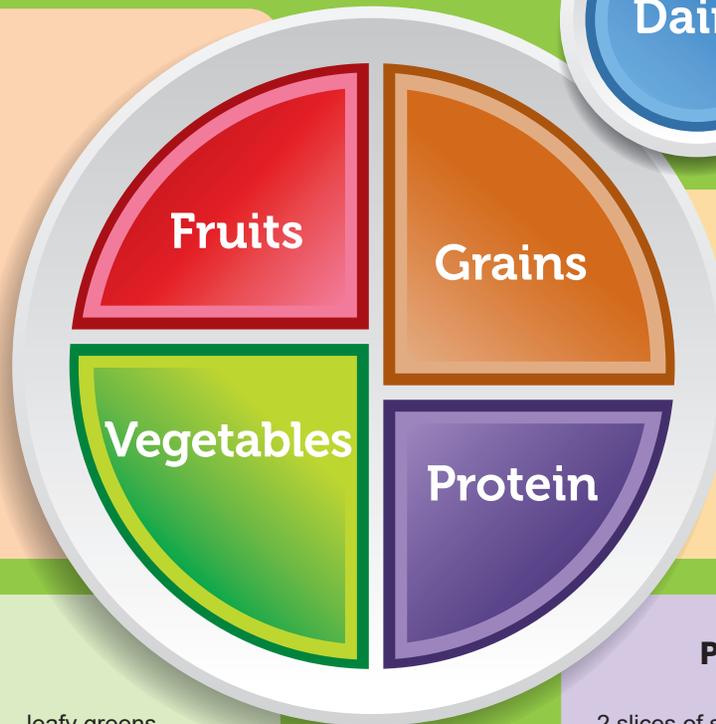


Name \_\_\_\_\_

# How to Build a Meal

Nutritious foods are the best fuel for powering your body and brain.  
Use the plate below to help build healthy meals all day long.



## Fruit: 1/2 cup per meal

apple (sliced, chopped, raw, or cooked)  
applesauce  
1 small banana, peach, or orange  
1 snack container of mixed fruit, pear, or pineapple (in natural juice)  
dried fruit (raisins, apricots, cranberries)  
100% fruit juice (orange, apple, grape)  
berries (raspberries, strawberries, blueberries)  
melon (honeydew, cantaloupe, watermelon)



## Vegetables: 3/4 cup per meal

broccoli	cucumbers	leafy greens (spinach, romaine, dark leafy lettuce) (cooked, raw, blended)
carrots	cauliflower	
tomatoes	mushrooms	
peas	beans (black, kidney, pinto, soy)	

## Dairy

## Dairy: 1 cup per meal

low-fat milk  
low-fat yogurt  
cheese (hard, shredded)  
low-fat cottage cheese  
frozen yogurt

## Grains: 2 oz. per meal

2 slices of bread (whole-grain or wheat)	rice (brown, wild, enriched white)
1 English muffin	breakfast cereal (oat, wheat, corn, rice)
1 bag of popcorn	whole-wheat crackers
1 large tortilla	
pasta (whole wheat, enriched)	

## Protein: 1 2/3 oz. per meal

2 slices of sandwich meat	beans (black, kidney, pinto, white)
1 egg	lean beef, pork, or ham
nuts (almonds, pistachios, walnuts, sunflower seeds, cashews)	chicken breast
nut butter	hummus

Sources: Based on daily intake recommendations (divided by 3) boys category, ages 9-13, for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities.