

Daily Menu Planner



Breakfast

Grain _____
 Fruit or Vegetable _____
 Dairy _____
 Protein-optional _____
 Other Foods _____

Snack

Grain _____
 Fruit or Vegetable _____

Lunch

Grain _____
 Fruit _____
 Vegetable _____
 Dairy _____
 Protein _____
 Other Foods _____

Snack

Grain _____
 Fruit or Vegetable _____
 Dairy _____

Dinner

Grain _____
 Fruit _____
 Vegetable _____
 Dairy _____
 Protein _____
 Other Foods _____

Snack

Grain _____
 Fruit or Vegetable _____
 Dairy or Protein _____

Did you get:

6-11 servings of grains • • • • • •
 3-5 servings of vegetables • • • • •
 2-4 servings of fruit • • • •
 2-3 servings of protein • • •
 2-4 servings of dairy • • • •

Did you have one or more Vitamin C foods:

Apricots	Chili peppers	Pineapple
Avocados	Collards	Plantain
Bell peppers	Grapefruit	Potato
Blackberries	Greens	Spinach
Broccoli	Honeydew melon	Strawberries
Brussel Sprouts	Kiwi	Tangerine
Cabbage	Mango	Tomato
Cantaloupe	Orange	Watermelon
Cauliflower	Papaya	

Did you have a Vitamin A Food:

Apricots	Chili peppers-hot	Pumpkin
Broccoli	Greens	Romaine-lettuce
Bok Choy	Kale, collards	Spinach
Cantaloupe	Leaf lettuce	Winter squash
Carrots	Mango	

Did you get 20-35 grams of fiber today:

___ servings of fruits x 3g/serving* = _____ g
 ___ servings of vegetables x 3g/serving = _____ g
 ___ servings of whole grains x 3g/serving* = _____ g
 ___ servings of bran cereal x 8g/serving* = _____ g
 ___ servings of beans x 8g/serving* = _____ g

Total Fiber = _____ g

*Amount of fiber per serving is approximate, read food labels for exact amounts.



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