Practice! Food Fractions!

A good way to think about a healthy meal is to divide the plate into sections and fill each section with different food groups. Food fractions!

Create a meal that is...
- ½ Fruits + Veggies
- ¼ Carbohydrates
- ¼ Protein

Now let's try...
- ⅓ Fruits + Veggies
- ⅓ Carbohydrates + Dairy
- ⅓ Protein

Food Groups

Fruits
Can choose fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed i.e. apples, oranges, grapes, bananas. Drain liquids from canned fruits.

Vegetables
Can choose raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed i.e lettuce, tomato, carrots, broccoli. Drain liquids and rinse canned vegetables.

Proteins
All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

Grains
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Choose more whole grains than white grains.

Dairy
All fluid milk products and many foods made from milk that retain their calcium content. Yogurt and cheese are examples.

Don't forget to include portion sizes! You can find recommended portion size. Visit choosemyplate.gov for more info!
Practice your food fractions. Or draw your own on any piece of paper.
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