Let's practice Food Fractions!

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

Now let's try...
• 1/3 Fruits + Veggies
• 1/3 Carbohydrates + Dairy
• 1/3 Protein

** Don’t forget to include portion sizes! You can find recommended portion sizes on www.choosemyplate.gov
Print off this plate to practice your food fractions. Or draw your own on any piece of paper.
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Food Groups

Fruits
• may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed
  • Drain liquids from canned fruits

Vegetables
• may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed
  • Drain liquids and rinse canned vegetables

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

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

Visit choosemyplate.gov for more info!