

# Let's practice Food Fractions!

## Create a meal that is...

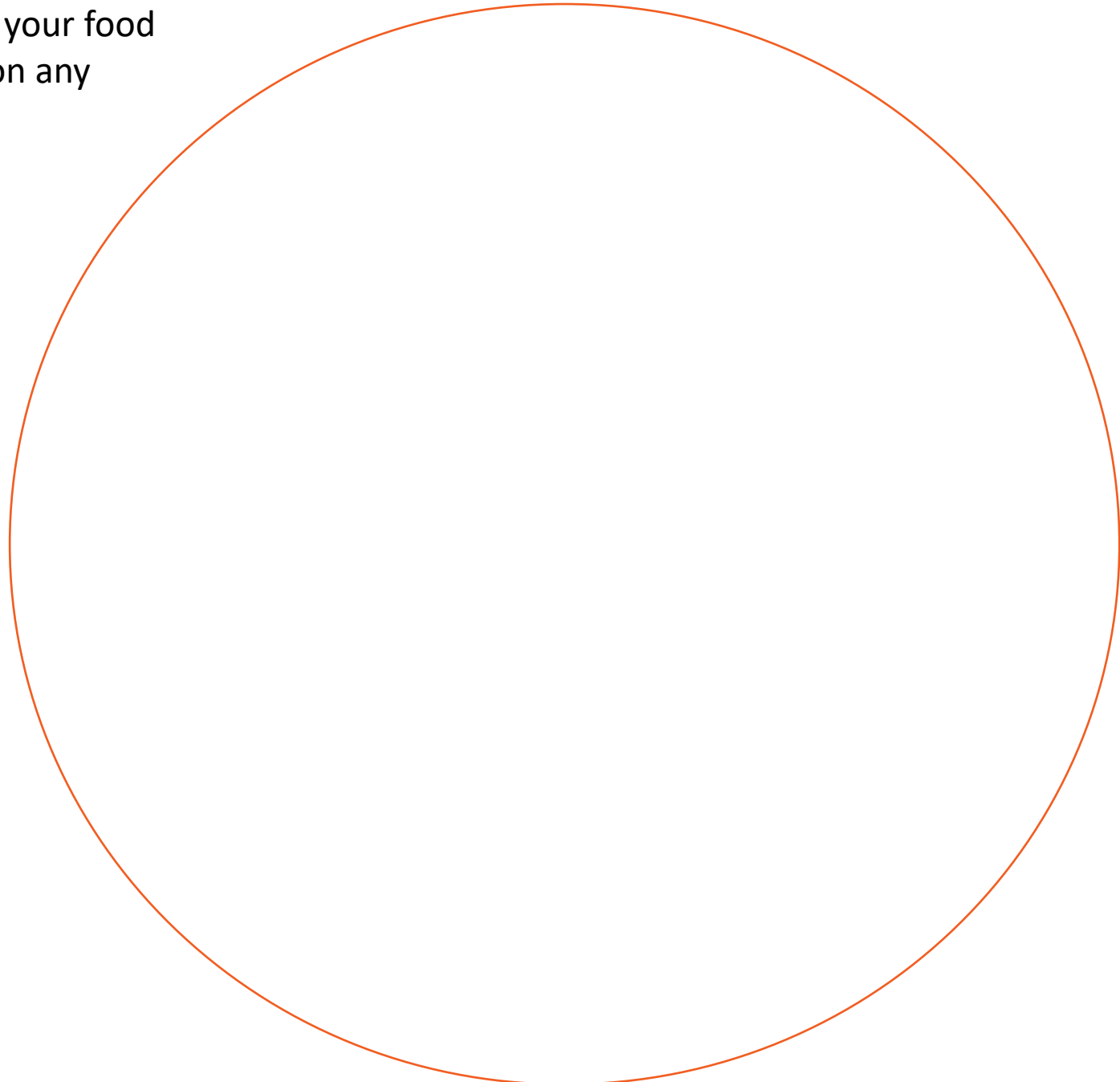
- $\frac{1}{2}$  Fruits + Veggies
- $\frac{1}{4}$  Carbohydrates
- $\frac{1}{4}$  Protein

## Now let's try...

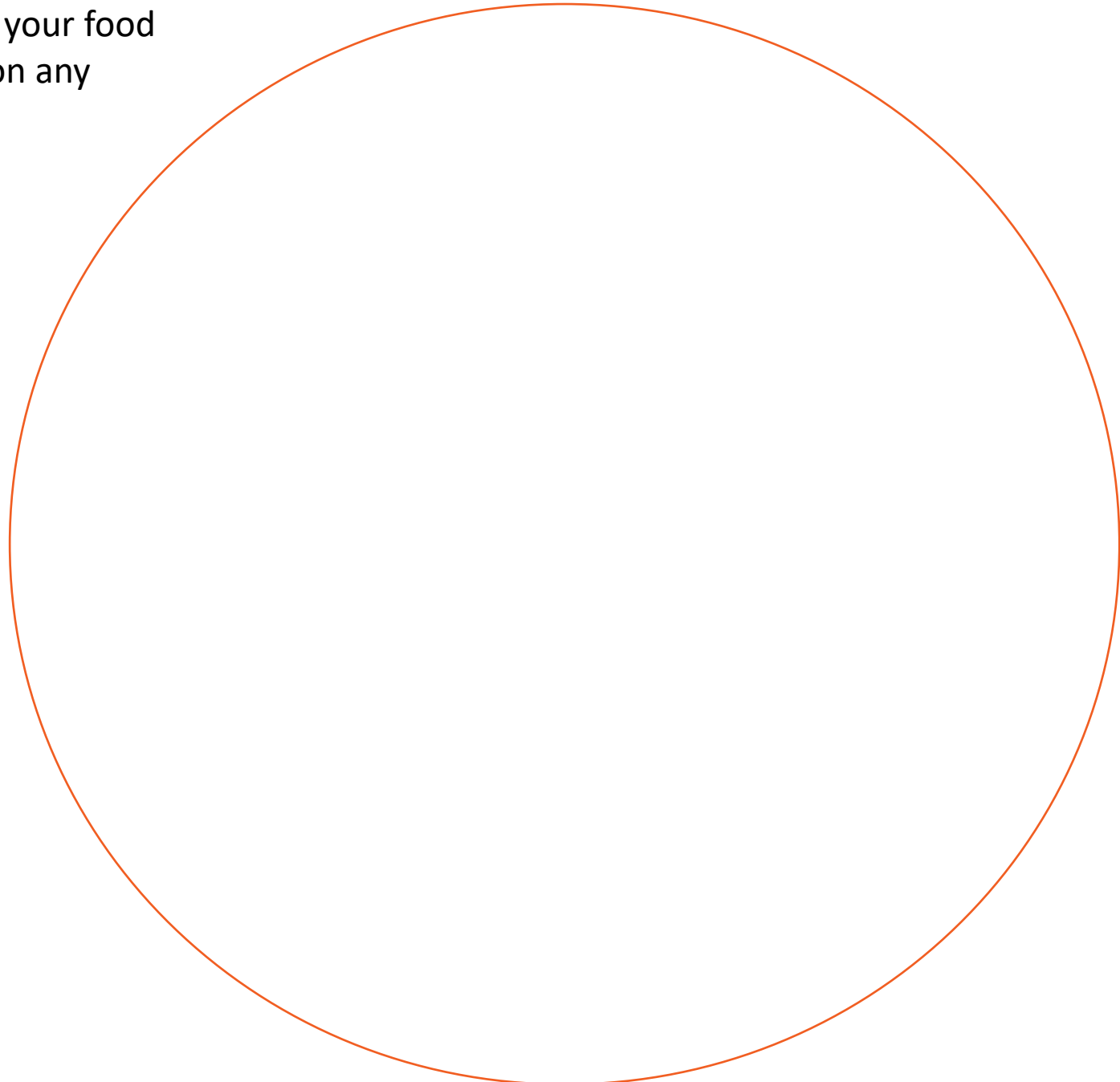
- $\frac{1}{3}$  Fruits + Veggies
- $\frac{1}{3}$  Carbohydrates+ Dairy
- $\frac{1}{3}$  Protein

\*\* Don't forget to include portion sizes! You can find recommended portion sizes on [www.choosemyplate.gov](http://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](https://www.choosemyplate.gov)  
for more info!