Number of Servings

Red	Orange	Yellow	Green	Blue	Purple

Fruits (3 servings/day)

Red	Orange	Yellow	Green	Blue	Purple

Vegetables (3-4 servings/day)

Eggs	Poultry	Fish	Beans	Red Meat	Nuts	Seeds

Proteins (4-5 oz/day)

Number of Servings

Sweet Potatoes	Corn	Potatoes	Oatmeal	Quinoa	Rice	Barley	Pasta	Bread	Crackers	Cereal

Grains/Starches (4-8 oz/day)

Milk	Cheese	Cottage Cheese	Yogurt

Dairy (2-3 cups/day)