

# Make Healthy Choices

## Daily Portion Amounts

- ✓ **Fruits** ----- **1-2 cups/day**
- ✓ **Vegetables** ----- **1-3 cups/day**
- ✓ **Grains (Whole)** ----- **3-8 oz/day**
- ✓ **Protein** ----- **2-6 oz/day**
- ✓ **Low-fat or Fat-free Dairy** ----- **2-3 cups/day**

## Building a Healthy Plate

