

Name _____

How to Build a Meal

Nutritious foods are the best fuel for powering your body and brain.
Use the plate below to help build healthy meals all day long.

Dairy: 1 cup per meal

low-fat milk
low-fat yogurt
cheese (hard, shredded)
low-fat cottage cheese
frozen yogurt

Dairy

Fruit: 1/2 cup per meal

apple (sliced, chopped, raw, or cooked)
applesauce
1 small banana, peach, or orange
1 snack container of mixed fruit, pear, or pineapple (in natural juice)
dried fruit (raisins, apricots, cranberries)
100% fruit juice (orange, apple, grape)
berries (raspberries, strawberries, blueberries)
melon (honeydew, cantaloupe, watermelon)



Fruits

Grains

Vegetables

Protein

Grains: 2 oz. per meal

2 slices of bread (whole-grain or wheat)
1 English muffin
1 bag of popcorn
1 large tortilla
pasta (whole wheat, enriched)
rice (brown, wild, enriched white)
breakfast cereal (oat, wheat, corn, rice)
whole-wheat crackers

Vegetables: 3/4 cup per meal

broccoli	cucumbers	leafy greens (spinach, romaine, dark leafy lettuce) (cooked, raw, blended)
carrots	cauliflower	
tomatoes	mushrooms	
peas	beans (black, kidney, pinto, soy)	

Protein: 1 2/3 oz. per meal

2 slices of sandwich meat	beans (black, kidney, pinto, white)
1 egg	lean beef, pork, or ham
nuts (almonds, pistachios, walnuts, sunflower seeds, cashews)	chicken breast
nut butter	hummus

Sources: Based on daily intake recommendations (divided by 3) boys category, ages 9-13, for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities.