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**Daily Meal Plan for:**

<b>Food Group</b>	<b>Servings per Day</b>	<b>Samples of Servings</b>
Grains		1 slice of bread ½ cup cooked pasta, rice or cereal 1 ounce uncooked pasta 1 tortilla (6 inch diameter) 1 pancake (5 inch diameter)
Vegetables		1 cup raw vegetable ½ cup cooked vegetable ½ cup vegetable juice 2 cups green leafy vegetables
Fruits		½ cup fresh fruit 1/3-1/2 c. fruit juice ¼ c. dried fruit
Dairy		1 cup milk 1 cup fortified soymilk 1 cup yogurt 1 ½ ounce natural cheese 2 oz. processed cheese
Protein Foods		1 ounce lean meat, poultry or seafood 1 egg 2 T. peanut butter ½ ounce nuts or seeds ¼ cup beans or peas 2 ounces soy
Oils		1 tsp. vegetable oil 1 T. light mayonnaise 2 t. margarine 2 t. salad dressing

**Personal Tips:**



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### Sample Menu Plan for:

Meal	Portion	Sample
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

Notes: