

Food Math Choices

Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat:

Grains	Vegetables	Fruit	Milk	Meat and Beans
6 ounces	2 1/2 cups	1 1/2 cups	3 cups	5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)



Fruits 1 1/2 cups

- 1 small apple or 1/2 large apple (1 cup eq.)
- 1 large orange (1 cup eq.)
- 1 snack-sized container of peaches (1/2 cup eq.)
- 1 large plum (1/2 cup eq.)
- 1 small box raisins (1/2 cup eq.)
- 1 cup 100% orange juice
- 1 medium wedge cantaloupe (1/2 cup eq.)
- 1 small wedge watermelon (1 cup eq.)

Vegetables 2 1/2 cups

- 6 baby carrots* (1/2 cup eq.)
- 1 large ear of corn (1 cup eq.)
- 1 medium baked potato (1 cup eq.)
- 1 cup cooked greens* (1 cup eq.)
- 1 large baked sweet potato* (1 cup eq.)
- 3 spears broccoli* (1 cup eq.)
- 1/2 cup tomato juice (1/2 cup eq.)
- 1 cup chopped lettuce (1/2 cup eq.)



*Items marked with a * are dark green or orange vegetables*

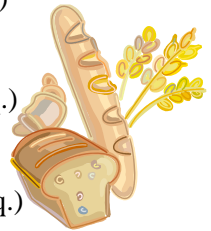
Milk 3 cups

- 1/2 cup lowfat or fat-free cottage cheese
- 1 cup fat-free milk
- 1 snack-sized lowfat or fat-free yogurt (1/2 cup eq.)
- 1 half-pint container 1% or 2% milk (1 cup eq.)
- 2 ounces of lowfat or fat-free American cheese (1 cup eq.)
- 1 1/2 ounces of lowfat or fat-free cheddar cheese (1 cup eq.)
- 1 1/2 cups light ice cream



Grains 6 ounces

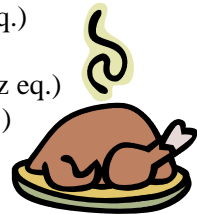
- 1 slice whole-wheat toast* (1 oz eq.)
- 5 whole-wheat crackers* (1 oz eq.)
- 1 slice white bread (1 oz eq.)
- 1 slice whole-wheat bread* (1 oz eq.)
- 1 cup whole-grain ready-to-eat breakfast cereal* (1 oz eq.)
- 1/2 cup cooked brown rice* (1 oz eq.)
- 1 cup cooked pasta (2 oz eq.)
- 1 hamburger bun (2 oz eq.)
- 3 cups lowfat popcorn* (1 oz eq.)



*Items marked with a * are whole-grain*

Meat and Beans 5 ounces

- 1 ounce of nuts (2 oz eq.)
- 1 cup split pea soup (2 oz eq.)
- 1 small chicken breast half (3 oz eq.)
- 1 small lean hamburger (3 oz eq.)
- 1 hard-boiled egg (1 oz eq.)
- 1 tablespoon peanut butter (1 oz eq.)
- 1/4 cup of pinto beans (1 oz eq.)
- 1 slice of turkey (1 oz eq.)



Key: (1 oz eq.) means (equals 1 ounce equivalent)