

Recommended Daily Servings

Use the Food Guide to find the number of daily servings recommended for you and for your child. List the foods that would add up to this number of servings.



Me _____		My Child _____	
Grain Products	Vegetables & Fruit	Grain Products	Vegetables & Fruit
# of daily servings: _____	# of daily servings: _____	# of daily servings: _____	# of daily servings: _____
For this number of daily servings, I would eat:	For this number of daily servings, I would eat:	For this number of daily servings, my child would eat:	For this number of daily servings, my child would eat:

Recommended Daily Servings



# of daily servings: _____	# of daily servings: _____	# of daily servings: _____	# of daily servings: _____
For this number of daily servings, eat:	For this number of daily servings, eat:	For this number of daily servings, eat:	For this number of daily servings, eat: