

## MENU PLANNING

Meal	Number of servings in each group				
	Bread/cereal/ rice/pasta	Vegetables	Fruits	Milk/yogurt/c heese	Meat/poultry/fish/ beans/eggs/nuts
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Afternoon snack</b>					

<b>Dinner</b>					
<b>Evening snack</b>					
<b>Daily totals</b>					