Food Servings

Think about how many servings of each food group you should consume daily for YOUR gender (page 50 in your guidebook). Color in the appropriate servings in each food group.

12					
11					
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Carbs/Grains	Veggies	Fruits	Dairy	Proteins