

# Food Group Choices Worksheet

**Grains Group**  
1 oz. or equivalent

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1 oz. or equivalent

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1 oz. or equivalent

Name a food made from whole grains

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Name a food made from whole grains

**Vegetables Group** ½ cup

**Vegetables Group** ½ cup

**Vegetables Group** ½ cup

Choose an ORANGE  
colored vegetable

Choose a dark-GREEN  
colored vegetable

**Vegetables Group** ½ cup

**Vegetables Group** ½ cup

**Fruits Group** ½ cup

**Fruits Group** ½ cup

**Fruits Group** ½ cup

**Fruits Group** ½ cup

**Milk Group**  
8 oz. cup or equivalent

**Milk Group**  
8 oz. cup or equivalent

**Milk Group**  
8 oz. cup or equivalent



**Meat & Beans Group**

**Meat & Beans Group**

**Meat & Beans Group**

Write # ounces, or equivalents  
(for a total of 5½ oz. for a day)

Write # ounces, or equivalents  
(for a total of 5½ oz. for a day)

Write # ounces, or equivalents  
(for a total of 5½ oz. for a day)