

My Plate Daily Checklist

Megan Linke

Age - 12

Division – Junior

Physical Activity Level – 60 minutes per day

Sanborn County



2 cups

- 1 cup from the Fruit Group counts as:
- 1 cup raw, frozen, or cooked/canned fruit; or
 - ½ cup dried fruit; or
 - 1 cup 100% fruit juice

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5½ ounces

- 1 ounce from the Protein Foods Group counts as:
- 1 ounce seafood, lean meat, or poultry; or
 - 1 egg; or
 - 1 Tbsp peanut butter; or
 - ¼ cup cooked beans, peas, or lentils; or

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2½ cups

- 1 cup from the Vegetable Group counts as:
- 1 cup raw or cooked/canned vegetables; or
 - 2 cups leafy salad greens; or
 - 1 cup 100% vegetable juice

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3 cups

- 1 cup from the Dairy Group counts as:
- 1 cup dairy milk or yogurt; or
 - 1 cup lactose-free dairy milk or yogurt; or
 - 1 cup fortified soy milk or yogurt; or
 - 1½ ounces hard cheese

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6 ounces

- 1 ounce from the Grains Group counts as:
- 1 slice bread; or
 - 1 ounce ready-to-eat cereal; or
 - ½ cup cooked rice, pasta, or cereal

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