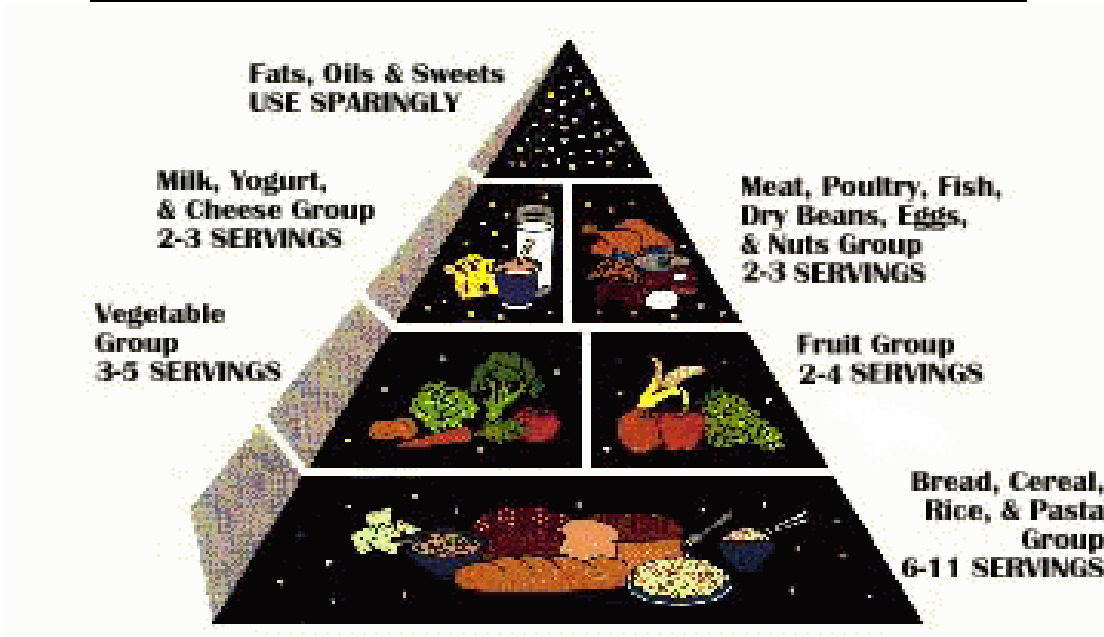


TROOP 215 WEEKEND MENU PLANNING GUIDE



Remember to design balanced meals:

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Milk, Yogurt, and Cheese	2-3 servings / day
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	2-3 servings / day
Vegetable	3-5 servings / day
Fruit	2-4 servings / day
Bread, Cereal, Rice, and Pasta	6-11 servings / day

What Counts as One Serving?

The amount of food that counts as one serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta. Be sure to eat at least the lowest number of servings required from each of the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the food groups. No specific serving size is given for the fats, oils, and sweets group because the message is *USE SPARINGLY*.

Milk, Yogurt, and Cheese

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 2-3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter count as 1 ounce of lean meat

Vegetable

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup of vegetable juice
- Potatoes and French fries don't count!

Fruit

- 1 medium apple, banana, orange
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

Bread, Cereal, Rice, and Pasta

- 1 slice of bread
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta