## Food Math

## Jason is 9 years old. He's physically active sometimes. Each day, he needs to eat: <br> Grains <br> 6 ounces <br> Vegetables $2^{1 / 2}$ cups <br> Fruit <br> 1 $1 / 2$ cups <br> Milk <br> 3 cups <br> Meat and Beans <br> 5 ounces

Help Jason decide what to eat today. Plan breakfast, lunch, dinner, and a snack. Be sure he gets all the food he needs from each group. (Food items may be selected more than once.)

## Grains 6 ounces

_ 1 slice whole-wheat toast* (1 OZ EQ.)
_ 5 whole-wheat crackers* (1 OZ EQ.)
_ 1 slice white bread (1 OZ EQ.)
_ 1 slice whole-wheat bread* (1 OZ EQ.)

_ 1 cup whole-grain ready-to-eat breakfast cereal* (1 OZ EQ.)
__ $1 / 2$ cup cooked brown rice* ( 102 EQ.)
__ 1 cup cooked pasta (2 OZ EQ.)
_ 1 hamburger bun ( 2 OZ EQ .)
__ 3 cups lowfat popcorn* (1 OZ EQ.)
Items marked with $a$ * are whole-grain
Vegetables $2^{1 ⁄ 2}$ cups
__ 6 baby carrots* ${ }^{1 / 2 / 2}$ cUP Eq. $)$
_ 1 large ear of corn (1 CUP EQ.)
_ 1 medium baked potato (1 CUP EQ.)
_ 1 cup cooked greens* (1 CUP EQ.)
_ 1 large baked sweet potato* ( 1 CUP EQ.)
_ 3 spears broccoli* (1 cUP EQ.)
__ $1 / 2$ cup tomato juice ( $1 / 2$ CUP EQ.)
_ 1 cup chopped lettuce (1/2 CUP EQ.)
Items marked with a * are dark green or orange vegetables

Key: (1 OZ EQ.) means (equals 1 ounce equivalent)

Fruits $1 \frac{1}{2}$ cups
__ 1 small apple or $1 / 2$ large apple ( 1 cUP EQ.)
_ 1 large orange ( 1 CUP EQ.)
__ 1 snack-sized container of peaches (1⁄2 CUP EQ.)
_ 1 large plum ( $1 / 2$ CUP EQ.)
_ 1 small box raisins ( $1 / 2$ CUP EQ.)
_ 1 cup 100\% orange juice (1 CUP EQ.)
_ 1 medium wedge cantaloupe ( $1 / 2$ CUP EQ.)
__ 1 small wedge watermelon (1 cUP EQ.)

## Milk 3 cups

__ $1 / 2$ cup lowfat or fat-free cottage cheese (1/4 CUP EQ.)
_ 1 cup fat-free milk (1 CUP EQ.)

_ 1 snack-sized lowfat or fat-free yogurt ( $1 / 2$ CUP EQ.)

_ 1 half-pint container $1 \%$ or $2 \%$ milk (1 cUP EQ.)
_ 2 ounces of lowfat or fat-free American cheese ( 1 CUP EQ.$)$
__ $1 \frac{1}{1} 2$ ounces of lowfat or fat-free cheddar cheese (1 CUP EQ.)
__ $11 / 2$ cups light ice cream (1 CUP EQ.)

## Meat and Beans 5 ounces

__ 1 ounce of nuts ( 2 OZ EQ .)
_ 1 cup split pea soup (2 OZ EQ.)
_ 1 small chicken breast half ( 3 OZ EQ .)

_ 1 small lean hamburger (30Z EQ.)
_ 1 hard-boiled egg ( 1 OZ EQ. )
_ 1 tablespoon peanut butter ( 10 OZ EQ. )
__ $1 / 4$ cup of pinto beans ( 10 OZ E.)
__ 1 slice of turkey ( 1 OZ EQ .)

