

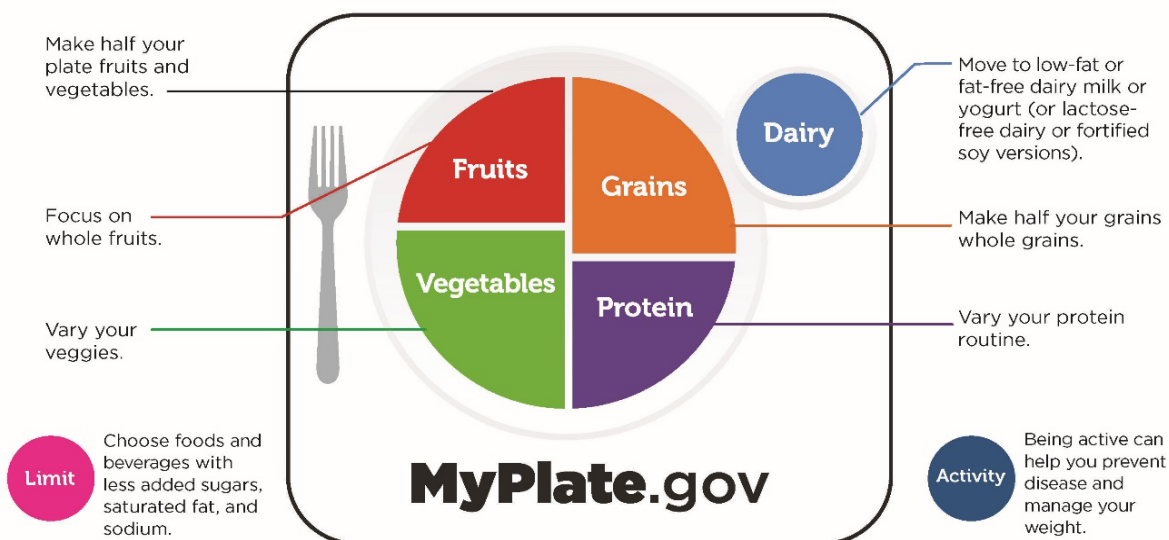
SCOUT PATROL MENU PLANNER

MEAL		DAY 1	DAY 2	DAY 3
Breakfast	Main Course			
	Fruit			
	Drink			
	Other			
Lunch	Main Course			
	Fruit			
	Drink			
	Other			
Dinner	Main Course			
	Break			
	Vegetables			
	Dairy			
	Drink			
	Dessert			
	Other			
Cracker Barrel				



Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



FNS-921
January 2022
USDA is an equal opportunity provider, employer, and lender.

Total Food Budget: _____

INGREDIENT LIST

[illegible]

Focus on whole fruits like fresh, frozen, canned, or dried.

Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://myplate.gov/myplateplan) for a personalized plan.

2 cups

1 cup counts as:

- 1 small apple
1 large banana
1 cup grapes
1 cup sliced mango
½ cup raisins
1 cup 100% fruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

6 ounces

1 ounce counts as:

- 1 slice of bread
 ½ cup cooked oatmeal
 1 small tortilla
 ½ cup cooked brown rice
 ½ cup cooked couscous
 ½ cup cooked grits

5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken,
pork, or beef
1 ounce tuna fish
¼ cup cooked beans, peas,
or lentils
1 Tbsp peanut butter
2 Tbsp hummus
1 egg

3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir