Healthy Foods & Portions

BINGO

Portions shown for ages 6-12 years. Daily amounts in each food group will vary depending on age, gender, and activity level. Find diet recommendations at ChooseMyPlate.gov.

Choose Whole Grains	Vary Your Vegetables	Focus on Fruits	Get Calcium-Rich Dairy	Go Lean with Protein Foods
1 soft pretzel	1 cup broccoli	1/2 cup raisins	1/2 cup low-fat pudding	2 oz. canned tuna, drained
1- 6" corn tortilla	1 cup baby carrots	1 cup diced cantaloupe	2 slices American cheese	1 hard-boiled egg
1/2 English muffin	1/2 cup cooked peas	1 small apple	1 cup low-fat yogurt	1 oz. sunflower seeds
5 whole-wheat crackers	1 medium baked potato	3/4 cup fruit cocktail	1.5 oz. cheddar cheese	3 slices lean ham
1 mini bagel	1 bell pepper, sliced	1 large banana	1 cup soy milk	1/2 cup cooked pinto beans

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