## PLATE MODELS

**Breakfast** 

Fruit 1 medium or Milk 3/4 cup 100% juice Skim or 1% or Or **Vegetables Yogurt** 1 cup raw or 60-100 calories 1/2 cup cooked Protein 1 egg, 1 T peanut butter, Bread 1/4 cup cottage cheese, 1 slice 1 oz cheese, or Or 1 oz lean meat Cereal 1/2 cup cooked

Revised: 7/24/07

Lunch Skim or 1% Or Yogurt 60-100 calories Protein **Bread** 2 - 3 ounces 1 slice or Starch 1/2 cups Vegetable Fruit 1/2 cup cooked 1 fresh or or 1 cup raw 1/2 cup

Milk

