

Breakfast	
Fruits	1
Vegetables	1
Cereals & Grains	1
Legumes	1
Protein	1 1 1
Fats & Oils	1

Lunch	
Fruits	1 1
Vegetables	1 1
Cereals & Grains	1 1 1
Protein	1 1 1
Fats & Oils	1 1

Dinner	
Fruits	1 1
Vegetables	1
Cereals & Grains	1 1
Proteins	1 1
Oilseeds	1
Fats & Oils	1

Snack	
Fruits	1
Oilseeds	1
Dairy	1
Cereals & Grains	1

Snack	
Vegetables	1
Oilseeds	1

Recommendations	
* 1portion <b>Legumes</b> = 1portion <b>Protein</b> + 1portion <b>Cereals &amp; Grains</b>	
* 1portion <b>Legumes</b> = 1/2 a cup (drained)	
* Not eaten portions are to be eaten in any of the following meals	



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Page 1 of 1.

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