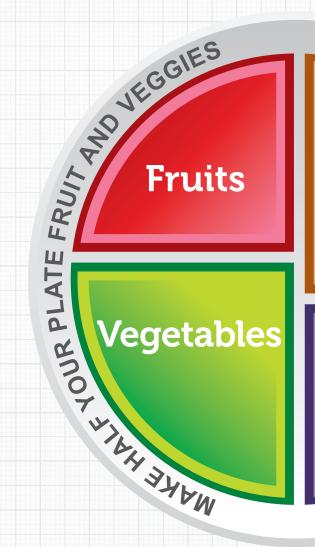


# **BUILDING A BETTER BABY**

How do your choices stack up?



Grains

make at least half whole grains

**Protein** 

go lean with protein

Choose My Plate.gov

Dairy

switch to fat

free or low-fat

(1%) milk

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The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

# **RECOMMENDED DAILY SERVINGS**

- Fruits: 2-3 Cups Daily
- 1 cup fresh or canned fruit
- cup 100% fruit juice ½ cup dried fruit
- Vegetables: 3-4 Cups Daily
- cup raw/cooked vegetables
- 2 cups raw or leafy greens
- cup vegetable juice
- cup beans/peas

#### Grains: 6-9 oz. Daily

- ½ cup pasta, rice, or noodles
- 1 slice of bread
- medium waffle or pancake
- ½ hamburger or hot dog bun
  - 1 cup of ready-to-eat cereal
- ½ cup cooked cereal
- ½ bagel or English muffin
- 5 crackers
  - piece matzo
- pita, biscuit, roll, or tortilla
- muffin
  - inch corn bread
- cups popped popcorn

## Protein: 5.5-6.5 oz. Daily

- 1 oz meat, poultry, pork, or fish/shellfish
- tablespoon peanut butter
  - ½ oz of nuts/seeds
- 2 tablespoons hummus
- 1/4 cup of cooked beans
  - oz tofu
- oz cooked tempeh

### Dairy: 3-4 Cups Daily

- cup milk
- cup yogurt
- 2 oz processed cheese
- 1½ slices natural cheese
- cup pudding made with milk
  - 2 cups cottage cheese