|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
|  | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Fruits** | ½ cup per day | ½ cup per day | 1 cup per day |
| * 2½ total cups of fruit per week
 | * 2½ total cups of fruit per week
 | * 5 total cups of fruit per week
 |
| **Vegetables** | ¾ cup per day | ¾ cup per day | 1 cup per day |
| * 3¾ total cups of vegetables per week
 | * 3¾ total cups of vegetables per week
 | * 5 total cups of vegetables per week
 |
| Dark Green | * ½ C
 | * ½ C
 | * ½ C
 |
| Red/Orange | * ¾ C
 | * ¾ C
 | * 1¼ C
 |
| Beans/Peas (legumes) | * ½ C
 | * ½ C
 | * ½ C
 |
| Starchy | * ½ C
 | * ½ C
 | * ½ C
 |
| Other: Additional amounts of the vegetables listed above may be offered to meet the weekly requirement | * ½ C
 | * ½ C
 | * ¾ C
 |
| Additional vegetable to reach weekly total | * 1 C
 | * 1 C
 | * 1½ C
 |
| **Grains:** ½ of the grains should be whole-grain rich | 1 oz eq. per day | 1 oz eq. per day | 2 oz eq. per day  |
| * 8-9 oz eq. per week
 | * 8-10 oz eq. per week
 | * 10-12 oz eq. /week
 |
| **Meats/Meat Alternatives** | 1 oz eq. per day | 1 oz eq. per day | 2 oz eq. per day |
| * 8-10 oz eq. per week
 | * 9-10 oz eq. per week
 | * 10-12 oz eq./week
 |
| **Fluid Milk** | 1 cup per day | 1 cup per day | 1 cup per day |
| * 5 cups per week
 | * 5 cups per week
 | * 5 week per week
 |

Developed by: Hannah Cowgill, Montana Dietetic Intern March 2012