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|  | **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