















# Create a Lunch

Choose at least 3 food groups with at least  $\frac{1}{2}$  cup of fruits or vegetables to create a lunch. Take all 5 food groups for best nutrition!

1. Select at least  $\frac{1}{2}$  cup of fruits or vegetables.
2. Pick at least two other food groups, such as fruits, vegetables, grains, protein, or milk.
3. Take a minimum of 3 food groups and a maximum of 5.

## Meal Examples:

 Fruit	+	 Vegetables	+	 Grain & Protein	+	 Milk	=	<b>Meal</b>
 Fruit	+	 Vegetables	+	 Grain & Protein	=	<b>Meal</b>		
 Vegetables	+	 Grain & Protein	=	<b>Meal</b>				
 Fruit	+	 Grain	+	 Milk	=	<b>Meal</b>		
 Grain & Protein	+	 Milk	=	<b>Not a Meal</b> (No fruit or vegetable)				

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