







The chart below represents a family box designed to follow MyPyramid nutrition recommendations. The chart shows approximate amounts of food needed to provide:




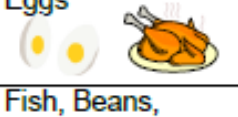
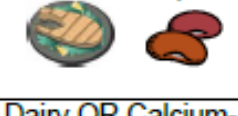

9 meals (breakfast, lunch and dinner for 3 days) for 1-2 people

Food Group	Food Type and Serving Size	Recommended Quantity
Grains 	Bread (loaf) Rolls/pita/English muffins/bagels/tortilla (bag) Oats, farina, grits (box) Ready-to-eat cereal (box) Pasta/noodles (1 lb box /bag) Rice (1 lb bag)	2 items
Vegetables 	Fresh (one item, ex. carrot, potato, tomato) Can (16 oz) Sauce (jar/can) Frozen (10-16 oz) Juice (varies)	5-8 items <i>Choose vegetables high in Vitamin A and Vitamin C.</i>
Fruits 	Fresh (bunch/bag) Can (29 oz) Frozen (16 oz) 100% Juice (46 oz)	2-3 items <i>Choose fruits high in Vitamin A and Vitamin C.</i>
Meats, Poultry & Eggs 	Stews/chili/meatballs (16 oz can) Chicken-5 oz. (2 cans= 1 item) Frozen meats (1 lb package) Eggs (1 dozen)	1 item
Fish, Beans, Peanut Butter, Nuts 	Tuna/sardines- 6 oz. (2 cans= 1 item) Salmon/mackerel (16 oz can) Dried beans/peas (1 lb bag) Canned beans- (2 cans= 1 item) Peanut butter (18 oz jar)	1-2 items
Dairy OR Calcium-Rich Foods 	Powdered Milk (1 qt envelope) Liquid Milk 1% or non fat (32 oz box) Soy/Almond/Rice milk (1 qt container) Cheese (8 oz package) Sardines/Salmon/Almonds (varies) Collards/Mixed Greens/Broccoli (varies)	3-4 items

Fruits and Vegetables High in Vitamins A & C

	High in Vitamin A	High in Vitamin C
Fruits	Dried Apricots, Apricot, Mango, Peaches, Pineapple, and Watermelon	Orange, Mandarin Oranges, Grapefruit, Tangerines, Apricots, Plums, and Raspberries
Vegetables	Sweet Potato (Yams), Carrot, Squash, Greens, Spinach, Collards, Leaf/Romaine Lettuce, Asparagus, Broccoli, and Tomato	Broccoli, Bell Peppers, Brussels Sprouts, Cabbage, Cauliflower, Greens, Potatoes, Tomatoes, Summer Squash, and Sweet Potatoes (Yams)

9 meals (breakfast, lunch and dinner for 3 days) for 4-5 people

Food Group	Food Type and Serving Size	Recommended Quantity
Grains 	Bread (loaf) Rolls/pita/English muffins/bagels/tortilla (bag) Oats, farina, grits (box) Ready-to-eat cereal (box) Pasta/noodles (1 lb box /bag) Rice (1 lb bag)	5-6 items
Vegetables 	Fresh (one item, ex. carrot, potato, tomato) Can (16 oz) Sauce (jar/can) Frozen (10-16 oz) Juice (varies)	14-16 items <i>Choose vegetables high in Vitamin A and Vitamin C</i>
Fruits 	Fresh (bunch/bag) Can (29 oz) Frozen (16 oz) 100% Juice (46 oz)	5-6 items <i>Choose fruits high in Vitamin A and Vitamin C</i>
Meats, Poultry & Eggs 	Stews/chili/meatballs (16 oz can) Chicken-5 oz. (2 cans= 1 item) Frozen meats (1 lb package) Eggs (1 dozen)	3-4 items
Fish, Beans, Peanut Butter, Nuts 	Tuna/sardines- 6 oz. (2 cans= 1 item) Salmon/mackerel (16 oz can) Dried beans/peas (1 lb bag) Canned beans- (2 cans= 1 item) Peanut butter (18 oz jar)	3-4 items
Dairy OR Calcium-Rich Foods 	Powdered Milk (1 qt envelope) Liquid Milk 1% or non fat (32 oz box) Soy/Almond/Rice milk (1 qt container) Cheese (8 oz package) Sardines/Salmon/Almonds (varies) Collards/Mixed Greens//Broccoli (varies)	8-10 items

Fruits and Vegetables High in Vitamins A & C

	High in Vitamin A	High in Vitamin C
Fruits	Dried Apricots, Apricot, Mango, Peaches, Pineapple, and Watermelon	Orange, Mandarin Oranges, Grapefruit, Tangerines, Apricots, Plums, and Raspberries
Vegetables	Sweet Potato (Yams), Carrot, Squash, Greens, Spinach, Collards, Leaf/Romaine Lettuce, Asparagus, Broccoli, and Tomato	Broccoli, Bell Peppers, Brussels Sprouts, Cabbage, Cauliflower, Greens, Potatoes, Tomatoes, Summer Squash, and Sweet Potatoes (Yams)