

## Food Group Chart

<b>Food Groups</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Grains</b> 6 servings			
<b>Fruits</b> 2 servings			
<b>Vegetables</b> 3 servings			
<b>Dairy</b> 3 servings			
<b>Meat</b> 2 servings			
<b>Others</b>			