

Balanced Diet Graph

Name: _____

Date: _____

Color the bars to show how many servings of each food group you need in one day to make a balanced diet.

# of Servings	Food Groups					
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	Bread, Cereal, Rice, & Pasta	Vegetables	Fruit	Milk Yogurt, & Cheese	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts	Fats, Oils, & Sweets