

SERVING CHART

Food Group	Recommended Number of Servings Per Day
Milk Group	Children 0-9 years: 2-3 Children 9-12 years: 3 Teens: 4 Adults: 2 Pregnant women: 3 Nursing mothers: 4
Meat Group	2
Vegetable & Fruit Group	4, including one good vitamin C source like oranges or orange juice and one deep-yellow or dark green vegetable
Bread & Cereal Group	4