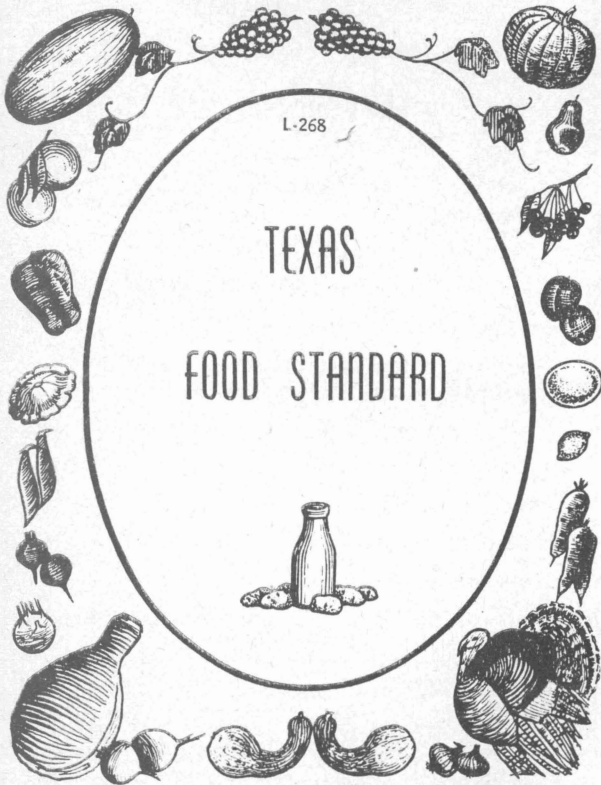


L-268

TEXAS
FOOD STANDARD



For A Good Diet I Need Daily

- 1 pint to 1 quart milk*
- 1 egg
- 1 serving** meat including poultry
and fish***
- 1 serving potatoes****
- 1 serving green or yellow vegetables
- 1 other serving vegetables****
- 1 serving citrus or tomatoes, raw
cabbage, strawberries, melons
- 1 other serving fruits
- 1 serving whole grain products
- Other enriched cereals and bread
- Butter or margarine
- Some sweets
- More of the above or other foods****
as needed
- 6 to 8 glasses of water

NOTES

- *Children under 16 need $\frac{3}{4}$ to 1 quart milk.
- **Average serving about $\frac{1}{2}$ cup.
- ***Cheese, eggs or nuts may be used instead of meat.
- ****Dried peas or beans may be used instead of meat, eggs, the other serving of vegetables or potatoes.

Prepared by

Texas State Nutrition Council

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TEXAS AGRICULTURAL EXTENSION SERVICE

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