**Making Healthy Decisions**

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| **Fruits and Veggies** | **Grains** | **Protein** | **Dairy** |
| 1 banana or apple | 1 serving of oatmeal or whole-grain cereal (size of your fist) | 1 scrambled or hard-boiled egg | 1 cup fat-free or low-fat milk (or substitute soy or rice milk) |
| 1 handful fresh berries or raisins | 2 DVD-sized whole-grain waffles or buckwheat pancakes | 1 serving of peanut butter (size of a ping-pong ball) | 6- to 8-ounce yogurt pack (also high in protein!) |
| 1 serving romaine lettuce or spinach (size of your fist) | 2 slices whole-wheat bread | 1 handful of walnuts or almonds | 1 serving low-fat cottage cheese (size of your fist) |
| 1 handful baby carrots, strips of peppers, or celery sticks | 1 whole-grain pita | 1 serving of hummus (size of a ping-pong ball) | 1 slice of Swiss or provolone cheese |
| 1 cup tomato or vegetable juice | 1 whole-wheat tortilla | 1 serving of sliced, lean turkey or ham (size of the palm of your hand) | 1 stick of string cheese |
| 1 snack pack of fruit salad (in natural juices, not syrup) | 1 serving of brown rice (total amount should fit in your cupped hands) | ½ can of tuna with mustard or light mayo | 1 handful shredded low-fat mozzarella cheese |
| 1 serving of tomato-based pasta sauce with vegetables (fits in one cupped hand) | 2 whole-grain taco shells | 1 serving of black beans (size of your fist) | 1 serving of low-fat sour cream (size of a ping-pong ball) |
| 1 serving of steamed broccoli, green beans, or other veggie (fits in one cupped hand) | 1 serving of whole-grain pasta (total amount should fit in your cupped hands) | 1 serving lean beef, grilled chicken, tofu, or baked fish (size of the palm of your hand) | 1 serving non-fat frozen yogurt (size of your fist) |

For more meal ideas and recipes, go to the "TeensHealth" section of [*http://kidshealth.org*](http://kidshealth.org) or [*http://www.ChooseMyPlate.gov*](http://www.ChooseMyPlate.gov), *where we found some of the ideas for this chart*