

**Sample Meal Patterns for the Healthy US-Style Food Pattern at the 2000 Calorie Level**

Meal and Snack Plans A, B, and C are examples that show just a few ways to combine meals and snacks to meet daily food group intake targets. For the 2,000 calorie food pattern, these targets are:

- Fruits            2 cups
- Vegetables      2 ½ cups
- Grains            6 ounces (at least 3 ounces whole grains)
- Protein Foods   5 ½ ounces
- Dairy             3 cups

Meal and Snack Plan A	Meal and Snack Plan B	Meal and Snack Plan C
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
1 ounce Grains	1 ounce Grains	1 cup Fruit
½ cup Fruit	1 cup Dairy	1 cup Dairy
½ cup Dairy	1 ½ ounces Protein Foods	
<b>Morning Snack</b>	<b>Morning Snack</b>	<b>Morning Snack</b>
1 ounce Grains	1 cup Fruit	1 ounce Grains
1 cup Fruit	½ cup Dairy	½ cup Dairy
		1 ½ ounces Protein Foods
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
2 ounces Grains	2 ounces Grains	2 ounces Grains
1 cup Vegetables	1 cup Vegetables	1 cup Vegetables
½ cup Fruit	½ cup Dairy	1 cup Dairy
1 cup Dairy	2 ounces Protein Foods	
2 ½ ounces Protein Foods		
<b>Afternoon Snack</b>	<b>Afternoon Snack</b>	<b>Afternoon Snack</b>
½ cup Vegetables	1 ounce Grains	1 ounce Grains
½ cup Dairy	½ cup Vegetables	½ cup Vegetables
		½ cup Dairy
		2 ounces Protein Foods
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
2 ounces Grains	2 ounces Grains	2 ounces Grains
1 cup Vegetable	1 cup Vegetables	1 cup Vegetables
1 cup Dairy	1 cup Fruit	1 cup Fruit
3 ounces Protein Foods	1 cup Dairy	2 ounces Protein Foods
	2 ounces Protein Foods	