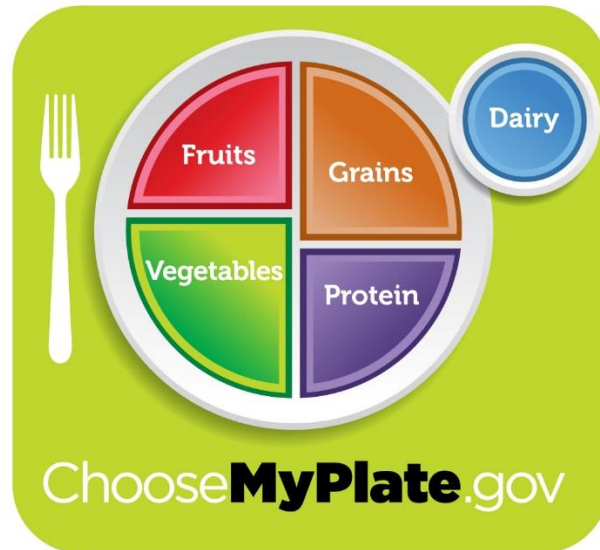


## PREPARED MEAL GUIDELINES FOR A HPNAP-SUPPORTED AGENCY

Everything we eat and drink over time matters. Providing healthy choices will help your clients now and in the future. MyPlate is your guide for how to balance the five groups at every meal. The key is to make half of every plate fruits and vegetables.



A HPNAP-supported prepared meal should provide acceptable servings of foods as follows:

- o **Two servings of fruits and vegetables**
  - one vegetable and one fruit, or two vegetables, or two fruits
- o **One serving from two of the other three food groups**
  - dairy, meat and non-meat proteins, grains

### Acceptable servings:

Vegetables: ½ cup

Fruits: ½ cup

Grains: approximately 1 ounce, ½ cup, or 1 slice bread

Milk and Dairy: 1 cup milk, 6-8 ounces yogurt, or 1 ounce cheese

Meat and Non-meat Proteins: ½ cup cooked beans or 2 ounces meat

### Note:

1. Condiments, such as ketchup or pickle relish, are not considered a vegetable serving.
2. Mashed potatoes are a vegetable, not a grain.
3. If children are present at a meal, try to provide milk whenever possible.