































Salad on MyPlate

Circle some of your favorite salad ingredients. Add up the total number of items you chose to see if your salad and side items meet the recommended daily servings for each food group.

	Fruits	Vegetables	Grains	Protein	Dairy
	 1/2	 1/2	 1	 1	 1/2
	 1/2	 1	 1	 1	 1
	 1/2	 1	 1	 1	 1
	 1/2	 1/2	 1	 1	 1/2
	 1/2	 1	 1	 1	 1/2
	 1/2	 1/2	 1	 1	 1
Total Servings					
Daily Recommendation	1 1/2	1 1/2	5	4	2 1/2

1. Did you meet the recommended daily servings? _____
2. What other foods could you eat to meet your daily recommendations today?



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