

Decorate My Plate Cards

Directions: Cut out the cards and glue them onto the *Decorate My Plate* graphic. Your goal is to create a well-balanced mid-day or evening meal that contains between 800-1,000 calories. Remember you will need at least one product for each category.

8 oz of soda pop 100 calories	Cheese Stick 80 calories	5 oz of hamburger 227 calories
2 cups of leafy greens 30 calories	½ cup of strawberries 24 calories	½ cup of cottage cheese 102 calories
Slice of whole grain bread 70 calories	Slice of white bread 90 calories	Candy Bar 230 calories
12 Potato Chips 160 calories	½ cup brown rice 90 calories	½ cup white rice 110 calories
5 oz lean turkey 60 calories	6 Chicken Nuggets 269 calories	12 oven baked Fries 200 calories
½ an Apple 60 calories	½ cup sliced peaches 70 calories	Small Bag of Takis 170 calories
8 oz fruit juice 110 calories	Small Bag of Hot Cheetos 320 calories	12 Baby Carrots 40 calories

