



**Female 19 to 50 Years  
Nutrition Plan**

<b>BREAKFAST</b> Protein Grain/Cereal Fat or Dairy Fruit	<b>Quantity</b> 1 Portion 2 Portions 1 Portion 1 Portion
<b>AM SNACK</b> Fat or Dairy Vegetable	<b>Quantity</b> 0.5 Portions 1 Portion
<b>LUNCH</b> Protein Grain/Cereal Fat or Dairy Vegetable	<b>Quantity</b> 1 Portion 2 Portions 0.5 Portions 1.5 Portions
<b>PM SNACK</b> Vegetable Fruit	<b>Quantity</b> 1 Portion 1 Portion
<b>DINNER</b> Protein Grain/Cereal Fat or Dairy Vegetable	<b>Quantity</b> 1 Portion 2 Portions 0.5 Portions 1.5 Portions

This nutrition plan is in line with dietary guidelines for a general population person and is not for the purpose of treating any specific medical condition.

