

Nutritionally Balanced Food Assistance Box 3 Primary Meals

This is a guide to create a food assistance box that follows the MyPlate nutrition recommendations for an adult individual. These are suggested quantities to meet the dietary guidelines for an individual to receive 3 primary meals. See the chart of equivalents to understand what package size or quantity these numbers are based.

Item	Household Size			
	1-2	3-4	5-6	7-8
Vegetables*	2-3	5-6	8-9	11-12
Fruit*	1-2	3	4-5	6
Non-meat Protein**	1	2	3	4
<u>OR</u>	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓
Meat Protein**	1	1	2	2
Grains (rice, pasta, tortillas)***	1	2	2-3	3
<u>OR</u>	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓	↑ Mix-n-Match ↓
Grains (cereal, bread, flour)***	1	2	2-3	3
Dairy****	1	1	1-2	2
Meals	1	2	3	4

Snacks and Drinks are an *optional* additional item

Equivalents



*1 vegetable or fruit	**1 protein:	***1 grain:	****1 dairy:
4 pieces	1-15 oz can beans	1 pound of pasta	1/2 gallon
1 head/bunch	1/2 bag of dry beans	1 pound of rice	3, 12oz cans of evaporated milk
1 pound fresh	1 container tofu	1 loaf of bread	1 bag of dry milk
1-15 oz can	1 lb of meat	12-16 oz of cereal	8 oz cheese
1-16 oz bag frozen	1-dozen eggs	12 small tortillas	