

How to Pack a Balanced Pantry Bag

The chart below represents a pantry bag following MyPlate nutrition recommendations, which shows approximate amounts of food to provide **9 meals (breakfast, lunch and dinner for three days)**.

RECOMMENDED QUANTITY

FAMILY SIZE	FRUITS & VEGETABLES	GRAINS	DAIRY & PROTEIN
1	5 ITEMS	2 ITEMS	3 ITEMS
2	9 ITEMS	3 ITEMS	6 ITEMS
3	14 ITEMS	5 ITEMS	9 ITEMS
4	18 ITEMS	6 ITEMS	12 ITEMS
5	23 ITEMS	8 ITEMS	15 ITEMS
6	27 ITEMS	9 ITEMS	18 ITEMS

FRUITS

IF CANNED, IN 100% JUICE OR WATER
1 ITEM=4 SERVINGS

Fresh Produce4 Pieces or
1 Head/Bunch or
1 Pound

Dried Fruit15 oz
Canned Fruit15 oz
Frozen Fruit12-16 oz
100% Fruit Juice46-48 oz



VEGETABLES

IF CANNED, LOW- OR NO-SALT ADDED
1 ITEM=4 SERVINGS

Fresh Produce4 Pieces or
1 Head/Bunch or
1 Pound

Canned Vegetables15 oz
Frozen Vegetables16 oz
Vegetable Juice46-48 oz



GRAINS

1 ITEM=12 SERVINGS

Bread1 Loaf
Rolls or Bagels6 each
Rice or Pasta16 oz
Oatmeal18 oz
Cold Cereal12-16 oz



DAIRY

CHOOSE LOW-FAT (1% OR LESS)
1 ITEM=4 SERVINGS

Fluid Milk32 oz/1 quart or
4 x 8-oz

Dry Milk1 Envelope
Cottage Cheese ...16 oz (2 items)
Yogurt4 x 6-oz
Cheese8 oz (2 items)
Dairy Alternative32 oz
(collard greens/kale, fish with bones, soy products)



PROTEIN

1 ITEM=4 OZ PROTEIN

Dried Beans1 lb (2 items)
Canned Beans15 oz
Peanut Butter18 oz (3 items)
Canned Stew or Chili15 oz
Eggs6
Frozen Meat/Fish ...8 oz (2 items)
Tuna1 x 5-oz cans
Salmon15 oz can (2 items)

