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

<table>
<thead>
<tr>
<th>FAMILY SIZE</th>
<th>FRUITS &amp; VEGETABLES</th>
<th>GRAINS</th>
<th>DAIRY &amp; PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5 ITEMS</td>
<td>2 ITEMS</td>
<td>3 ITEMS</td>
</tr>
<tr>
<td>2</td>
<td>9 ITEMS</td>
<td>3 ITEMS</td>
<td>6 ITEMS</td>
</tr>
<tr>
<td>3</td>
<td>14 ITEMS</td>
<td>5 ITEMS</td>
<td>9 ITEMS</td>
</tr>
<tr>
<td>4</td>
<td>18 ITEMS</td>
<td>6 ITEMS</td>
<td>12 ITEMS</td>
</tr>
<tr>
<td>5</td>
<td>23 ITEMS</td>
<td>8 ITEMS</td>
<td>15 ITEMS</td>
</tr>
<tr>
<td>6</td>
<td>27 ITEMS</td>
<td>9 ITEMS</td>
<td>18 ITEMS</td>
</tr>
</tbody>
</table>

### FRUITS

If canned, in 100% juice or water

1 ITEM = 4 SERVINGS

- Fresh Produce .......4 Pieces or 1 Head/Bunch or 1 Pound
- Dried Fruit ..........15 oz
- Canned Fruit ...........15 oz
- Frozen Fruit .........12-16 oz
- 100% Fruit Juice ......46-48 oz

### VEGETABLES

If canned, low- or no-salt added

1 ITEM = 4 SERVINGS

- Fresh Produce .......4 Pieces or 1 Head/Bunch or 1 Pound
- Canned Vegetables ......15 oz
- Frozen Vegetables ......16 oz
- Vegetable Juice ......46-48 oz

### GRAINS

1 ITEM = 12 SERVINGS

- Bread ......................1 Loaf
- Rolls or Bagels ..........6 each
- Rice or Pasta ..............6 each
- Oatmeal ....................18 oz
- Cold Cereal ..............12-16 oz

### DAIRY

Choose low-fat (1% or less)

1 ITEM = 4 SERVINGS

- Fluid Milk .........32 oz/1 quart or 4 x 8-oz
- Dry Milk .............1 Envelope
- Cottage Cheese ...16 oz (2 items)
- Yogurt .....................4 x 6-oz
- Cheese ....................8 oz (2 items)
- Dairy Alternative .......32 oz (collard greens/kale, fish with bones, soy products)

### PROTEIN

1 ITEM = 4 OZ PROTEIN

- Dried Beans .........1 lb (2 items)
- Canned Beans ..........15 oz
- Peanut Butter .......18 oz (3 items)
- Canned Stew or Chili ..15 oz
- Eggs ......................6
- Frozen Meat/Fish .......8 oz (2 items)
- Tuna .....................1 x 5-oz cans
- Salmon ...............15 oz can (2 items)