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)**.

<table>
<thead>
<tr>
<th>Family Size</th>
<th>FRUIT &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...................16 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)
- Yogurts....................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)