PERFECT PORTIONS

**BREAKFAST**
Aim to include at least 3 food groups at your breakfast. Choose whole grains, a protein containing food, and fruit and/or milk and alternatives to start your day off right.

**LUNCH**
Pressed for time? Make your lunch the night before using dinner leftovers in easy mixed dishes like sandwich wraps or salads. Aim for 3 to 4 food groups, and enjoy half of your lunch plate as vegetables.
**IN-BETWEEN**
To curb hunger between meals, enjoy snacking 2 to 3 hours after eating, choosing selections from 2 to 3 food groups. For a balanced snack, combine a carbohydrate (like whole grains, fruit or milk and alternatives) with a protein.

**DINNER**
Assemble dishes like casseroles the night before and pop them in the oven when you get home, or use a slow cooker to have a ready-cooked meal. Or toss together a quick-cooking stir-fry in hardly any time. Enjoy 3 to 4 food groups, including half of your dinner plate as vegetables.