

# 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	FRUIT & 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 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.....16 oz  
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)  
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)

