



# LIVE IT Plan Food Groups

FOOD GROUP	AVERAGE CALORIES*	AVERAGE CARBOHYDRATES (grams)	AVERAGE PROTEIN (grams)	AVERAGE FAT (grams)
<b>Fruit</b>	<b>50</b> <i>(for 1/2 cup)</i>	13	0	0
<b>Vegetables, Non-Starchy</b>	<b>20</b> <i>(for 1/2 cup)</i>	4	1	0
<b>Vegetables, Starchy</b>	<b>80</b> <i>(for 1/2 cup)</i>	15	3	0
<b>Grains</b>	<b>80</b> <i>(for 1 oz)</i>	15	3	0
<b>Dairy</b>	<b>90</b> <i>(for 1 cup)</i>	12	8	1
<b>Protein</b>	<b>70</b> <i>(for 1 oz, cooked)</i>	0	7	5
<b>Healthy Oils/Other Fats</b>	<b>45</b> <i>(for 1 tsp)</i>	0	0	5