

GROCERY LIST

[illegible]

food bank
of West Central Texas

— MyPlate.gov — DAILY AMOUNTS



Fruits
1.5-2 cups



Grains
3-4 ounces



Vegetables
3-4 cups



Proteins
5-7 ounces



Dairy
3 cups



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ABILENE TAYLOR COUNTY PUBLIC HEALTH DISTRICT

REBUILD
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Funded by
CCHB, TXPAN, TXHC