		Food Group		
Grain	Grain	Vegetable	Fruit	Vegetable
10	10	8	15	8
Ex:	Ex:	Ex:	Ex:	Ex:
Grain	Protein	Fruit	Grain	Fruit
10	12	15	10	15
Ex:	Ex:	Ex:	Ex:	Ex:
Vegetable	Protein	Fruit	Dairy	Protein 12 Ex:
8	12	15	20	
Ex:	Ex:	Ex:	Ex:	
Vegetable 8 Ex:	Grain 10 Ex:	Dairy 20 Ex:	Dairy 20 Ex:	Protein 12 Ex:
Dairy 20	Protein 12 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:	Dairy 20 Ex:

		Food Group		
Grain 10 Ex:	Grain 10 Ex:	Vegetable 8 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:
Grain 10 Ex:	Protein 12 Ex:	Fruit 15 Ex:	Grain 10 Ex:	Fruit 15 Ex:
Vegetable 8	Protein 12 Ex:	Fruit 15 Ex:	Dairy 20 Ex:	Protein 12 Ex:
Vegetable 8 Ex:	Grain 10 Ex:	Dairy 20 Ex:	Dairy 20 Ex:	Protein 12 Ex:
Dairy 20 Ex:	Protein 12 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:	Dairy 20

		Food Group		
Dairy 20	Protein 12 Ex:	Grain 10 Ex:	Fruit 15 Ex:	Grain 10 Ex:
Protein 12 Ex:	Dairy 20 Ex:	Grain 10 Ex:	Fruit 15 Ex:	Fruit 15 Ex:
Dairy 20	Vegetable 8 Ex:	Vegetable 8 Ex:	Vegetable 8 Ex:	Protein 12 Ex:
Protein 12 Ex:	Grain 10 Ex:	Fruit 15 Ex:	Dairy 20 Ex:	Grain 10 Ex:
Vegetable 8 Ex:	Fruit 15 Ex:	Protein 12 Ex:	Vegetable 8 Ex:	Dairy 20

		Food Group		
Protein 12 Ex:	Dairy 20 Ex:	Grain 10 Ex:	Grain 10 Ex:	Dairy 20 Ex:
Fruit 15 Ex:	Fruit 15 Ex:	Dairy 20 Ex:	Fruit 15 Ex:	Fruit 15 Ex:
Dairy 20	12	20	Vegetable 8 Ex:	Grain 10 Ex:
8	Vegetable 8 Ex:	8	8	Grain 10 Ex:
Protein 12 Ex:	Fruit 15 Ex:	Protein 12 Ex:	Protein 12 Ex:	Grain 10 Ex:

		Food Group		
Protein 12 Ex:	Fruit 15 Ex:	Fruit 15 Ex:	Dairy 20 Ex:	Dairy 20 Ex:
Dairy 20 Ex:	Grain 10 Ex:	Vegetable 8 Ex:	Vegetable 8 Ex:	Protein 12 Ex:
Grain 10 Ex:	Fruit 15 Ex:	Dairy 20	Dairy 20 Ex:	Protein 12 Ex:
Grain 10 Ex:	Grain 10 Ex:	Protein 12 Ex:	Vegetable 8 Ex:	Fruit 15 Ex:
Protein 12 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:	Vegetable 8 Ex:	Grain 10 Ex:

		Food Group		
Protein 12 Ex:	Vegetable 8 Ex:	Vegetable 8 Ex:	Fruit 15 Ex:	Protein 12 Ex:
Protein 12 Ex:	Dairy 20 Ex:	Grain 10 Ex:	Grain 10 Ex:	Fruit 15 Ex:
Grain 10 Ex:	20	Dairy 20 Ex:	Protein 12 Ex:	Vegetable 8 Ex:
Grain 10 Ex:	Protein 12 Ex:	Vegetable 8 Ex:	Grain 10 Ex:	Vegetable 8 Ex:
Fruit 15 Ex:	Fruit 15 Ex:	Fruit 15 Ex:	Dairy 20 Ex:	Dairy 20 Ex:

Food Group				
Dairy	Dairy 20	Fruit	Fruit	Vegetable
20		15	15	8
Ex:		Ex:	Ex:	Ex:
Vegetable	Fruit	Protein 12 Ex:	Dairy	Grain
8	15		20	10
Ex:	Ex:		Ex:	Ex:
Fruit 15 Ex:	Protein 12 Ex:	Grain 10 Ex:	Protein 12 Ex:	Grain 10 Ex:
Vegetable	Grain	Grain	Dairy	Vegetable
8	10	10	20	8
Ex:	Ex:	Ex:	Ex:	Ex:
Fruit 15 Ex:	Vegetable 8 Ex:	Dairy 20 Ex:	Protein 12 Ex:	Protein 12 Ex:

		Food Group		
Grain 10 Ex:	Grain 10 Ex:	Vegetable 8 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:
Fruit 15 Ex:	Protein 12 Ex:	Fruit 15 Ex:	Grain 10 Ex:	Fruit 15 Ex:
Vegetable 8 Ex:	Protein 12 Ex:	Vegetable 8 Ex:	Dairy 20 Ex:	Protein 12 Ex:
Vegetable 8	Grain 10 Ex:	Dairy 20 Ex:	Dairy 20 Ex:	Protein 12 Ex:
Dairy 20 Ex:	Dairy 20 Ex:	Fruit 15 Ex:	Vegetable 8 Ex:	Dairy 20 Ex: