

CREATE HEALTHY HABITS

# GROCERY LIST

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**PUBLIC HEALTH**  
CITY OF ABILENE TEXAS

*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



TO LEARN MORE, VISIT [ABIREBUILDHEALTH.ORG](http://ABIREBUILDHEALTH.ORG)



ABILENE TAYLOR COUNTY PUBLIC HEALTH DISTRICT

**REBUILD**  
HEALTH

Funded by  
CCHB, TXPAN, TXHC