

STAGE 3 - FOOD GROUPS/FOODS			
Protein (Meat/Meat Substitute)	Starches (2-3 servings daily)	Fruit (2-3 servings daily)	Dairy (2 servings daily)
<i>Serving Size: 2oz/meal or 1oz/snack</i>	<i>Serving Size: 1/4c, 2-3 crackers, 1/2 slice toast</i>	<i>Serving Size: 1/4c, 1/2 fruit</i>	<i>Serving Size: 8fl oz</i>
soft scrambled eggs	sweet potatoes	fruit without membrane or skin	skim milk
low fat cottage cheese	winter squash		
no-added sugar Greek yogurt	pumpkin		
no-added sugar kefir	saltine or club crackers		
flaked fish including tuna/salmon	low calorie bread--must be toasted		
lean ground chicken, beef, pork	oatmeal		
	cream of wheat		