

EAT SMART. PLAY HARD.™ HEALTHY LIFESTYLE

MENU PLANNER

Nutritional analysis for one week of menus for 1 person for a 2,000 calorie diet developed to meet recommendations from MyPyramid and the Dietary Guidelines for Americans.

Food Group	Recommended	Avg. Daily	Nutrient	Average Daily Amt.
	Daily Amount	Amount		
Total Grains (oz. eq.)	6 oz. eq.	5.9	Calories	1997
Whole Grains	3 oz. eq.	4.0	Protein, g	97
Enriched Grains	3 oz. eq.	1.9	Protein, % kcal	19
Total Vegetable* (cups)	2.5 cups	2.6	Carbohydrate, g	298
Fruits (cups)	2 cups	2.4	Carbohydrate, % kcal	60
Milk (cups)	3 cups	3.1	Total fat, g	52
Meat/ Beans (oz. eq.)	5.5 oz. eq.	5.4	Saturated fat, g	17
Oils (tsp.)		4.4	Total fat, % kcal	23
*Vegetable subgroups			Monounsaturated fat, g	17
		(weekly totals)	Polyunsaturated fat, g	12
Dk Green Vegetable (cups)	3 cups/week	3.0	Linoleic Acid, g	10
Orange Vegetable (cups)	2 cups/week	2.5	Alpha-linolenic Acid, g	1.0
Beans/ Peas (cups)	3 cups/week	3.0	Cholesterol, mg	234
Starchy Vegetable (cups)	3 cups/week	3.5	Total dietary fiber, g	34
Other Vegetable (cups)	6.5 cups/week	6.5	Potassium, mg	4124
			Sodium, mg	1791
			Calcium, mg	1542
			Magnesium, mg	476
			Copper, mg	2
			Iron, mg	20
			Phosphorus, mg	1814
			Zinc, mg	16
			Thiamin, mg	2.1
			Riboflavin, mg	2.7
			Vitamin B6, mg	3
			Vitamin B12, mcg	5
			Vitamin C, mg	184
			Vitamin E (AT)	11
			Vitamin A, mcg (RAE)	1094
			Dietary Folate Equivalents	584