

My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



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| <p>Make half your grains whole</p> <p>Aim for at least 2 1/2 ounces of whole grains a day</p> | <p>Vary your veggies</p> <p>Aim for these amounts each week:</p> <ul style="list-style-type: none"> Dark green veggies = 1 cup Red & orange veggies = 3 cups Beans & peas = 1/2 cup Starchy veggies = 3 1/2 cups Other veggies = 2 1/2 cups | <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose whole or cut-up fruits more often than fruit juice</p> | <p>Get your calcium-rich foods</p> <p>Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories</p> <p>Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products</p> | <p>Go lean with protein</p> <p>Twice a week, make seafood the protein on your plate</p> <p>Vary your protein routine—choose beans, peas, nuts, and seeds more often</p> <p>Keep meat and poultry portions small and lean</p> |
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| <p>Find your balance between food and physical activity</p> <p>Children 2 to 5 years old should play actively every day.</p> | <p>Know your limits on fats, sugars, and sodium</p> <p>Your allowance for oils is 4 teaspoons a day.</p> <p>Limit Calories from solid fats and added sugars to 120 Calories a day.</p> <p>Reduce sodium intake to less than 2300 mg a day.</p> |
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Your results are based on a 1400 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.