







My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

| Write in Your Food Choices for Today | Food Group | Tip | Based on a 1400 Calorie pattern. Your Goals Are: | Match Your Food Choices with Each Food Group | Estimate Your Total |
|--|---|--|---|---|--|
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>GRAINS</p> | <p>Make at least half your grains whole grains</p> | <p>5 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta, or cereal)</p> | <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>ounce equivalents</p> |
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>VEGETABLES</p> | <p>Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies</p> | <p>1 1/2 cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)</p> | <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>cups</p> |
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>FRUITS</p> | <p>Select fresh, frozen, canned, and dried fruit more often than juice</p> | <p>1 1/2 cups (1 cup is 1 cup raw or cooked fruit, 1/2 cup dried fruit, or 1 cup 100% fruit juice)</p> | <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>cups</p> |
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>DAIRY</p> | <p>Include fat-free and low-fat dairy foods every day</p> | <p>2 1/2 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1 1/2 ounces natural cheese; or 2 ounces processed cheese)</p> | <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>cups</p> |
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>PROTEIN FOODS</p> | <p>Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week</p> | <p>4 ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; 1/4 cup cooked beans or peas; or 1/2 ounce nuts or seeds)</p> | <p>_____</p> <p>_____</p> <p>_____</p> | <p>_____</p> <p>ounce equivalents</p> |
| <p>_____</p> <p>_____</p> <p>_____</p> |  <p>PHYSICAL ACTIVITY</p> | <p>Be active every day. Choose activities that you like and fit into your life.</p> | <p>Be physically active for at least 60 minutes each day.</p> | <p>Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.</p> | <p>_____</p> <p>minutes</p> |

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____