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 1600 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	**5 ounce equivalents** (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	VEGETABLES	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	**2 cups** (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup100% vegetable juice)		cups
	FRUITS	Select fresh, frozen, canned, and dried fruit more often than juice	**1½ cups** (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)		cups
	DAIRY	Include fat-free and low-fat dairy foods every day	**2½ cups** (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)		cups
	PROTEIN FOODS	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	**5 ounce equivalents** (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds)		ounce equivalents
	PHYSICAL ACTIVITY	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least **60 minutes** each day.	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.	minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____