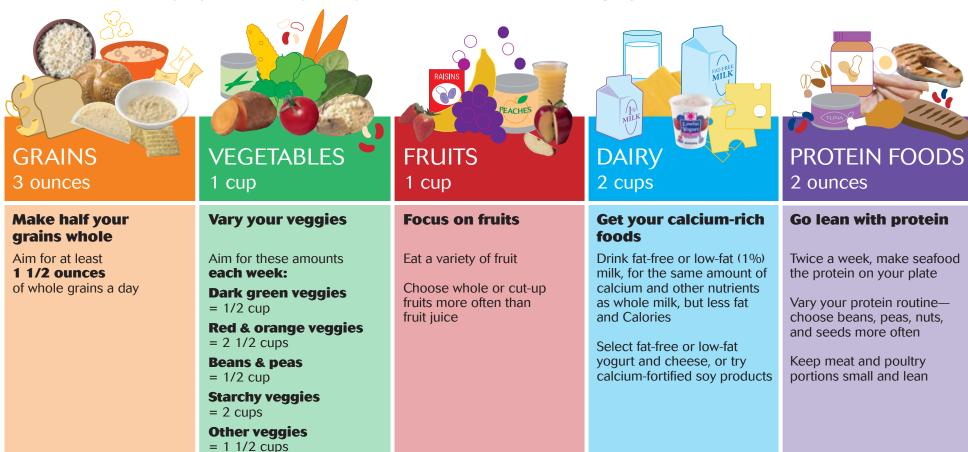
My Daily Food Plan

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



Find your balance between food and physical activity

Children 2 to 5 years old should play actively every day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **3 teaspoons** a day. Limit Calories from solid fats and added sugars to **140 Calories** a day. Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1000 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.