

My Daily Food Plan

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



<p>Make half your grains whole</p> <p>Aim for at least 3 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 1/2 cupsRed & orange veggies = 5 1/2 cupsBeans & peas = 1 1/2 cupsStarchy veggies = 5 cupsOther veggies = 4 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>
---	---	--	--	---

<p>Find your balance between food and physical activity</p> <p>Be physically active for at least 60 minutes each day.</p>	<p>Know your limits on fats, sugars, and sodium</p> <p>Your allowance for oils is 6 teaspoons a day.</p> <p>Limit Calories from solid fats and added sugars to 260 Calories a day.</p> <p>Reduce sodium intake to less than 2300 mg a day.</p>
---	--

Your results are based on a 2000 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.