

# My Daily Food Plan

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



## Make half your grains whole

Aim for at least **5 ounces** of whole grains a day

## Vary your veggies

Aim for these amounts **each week:**

**Dark green veggies**  
= 2 1/2 cups

**Red & orange veggies**  
= 7 cups

**Beans & peas**  
= 2 1/2 cups

**Starchy veggies**  
= 7 cups

**Other veggies**  
= 5 1/2 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

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

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **8 teaspoons** a day.

Limit Calories from solid fats and added sugars to **400 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2800 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.