

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 1/2 cups
- Beans & peas** = 3 cups
- Starchy veggies** = 8 cups
- Other veggies** = 7 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 **10 teaspoons** a day.
Limit Calories from solid fats and added sugars to **460 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 3000 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.