

# My Daily Food Plan

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



**GRAINS**  
10 ounces



**VEGETABLES**  
4 cups



**FRUITS**  
2 1/2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
7 ounces

**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 **150 minutes** each week.

**Know your limits on fats, sugars, and sodium**  
Your allowance for oils is **11 teaspoons** a day.  
Limit Calories from solid fats and added sugars to **600 Calories** a day.  
Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 3200 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.