

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 **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.