

My Daily Food Plan



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.