# My Daily Food Plan

SAMPLE

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

## GRAINS
9 ounces

**Make half your grains whole**

Aim for at least
**4 1/2 ounces**
of whole grains a day

## VEGETABLES
3 1/2 cups

**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

## FRUITS
2 cups

**Focus on fruits**

Eat a variety of fruit

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

## DAIRY
3 cups

**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

## PROTEIN FOODS
6 1/2 ounces

**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 **8 teaspoons** a day.
Limit Calories from solid fats and added sugars to **360 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2600 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.