



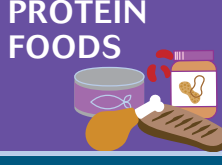



# My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 2000 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Make at least half your grains whole grains</p>	<p><b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta, or cereal)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p><b>ounce equivalents</b></p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Aim for variety every day; pick vegetables from several subgroups: Dark green, red &amp; orange, beans &amp; peas, starchy, and other veggies</p>	<p><b>2½ cups</b> (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p><b>cups</b></p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Select fresh, frozen, canned, and dried fruit more often than juice</p>	<p><b>2 cups</b> (1 cup is 1 cup raw or cooked fruit, 1/2 cup dried fruit, or 1 cup 100% fruit juice)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p><b>cups</b></p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Include fat-free and low-fat dairy foods every day</p>	<p><b>2½ cups</b> (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p><b>cups</b></p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Aim for variety—choose seafood, lean meat &amp; poultry, beans, peas, nuts, and seeds each week</p>	<p><b>5½ ounce equivalents</b> (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; 1/4 cup cooked beans or peas; or 1/2 ounce nuts or seeds)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p><b>ounce equivalents</b></p>
<p>_____</p> <p>_____</p> <p>_____</p>		<p>Be active every day. Choose activities that you like and fit into your life.</p>	<p>Be physically active for at least <b>60 minutes</b> each day.</p>	<p>Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.</p>	<p>_____</p> <p><b>minutes</b></p>

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_