



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

| GRAINS 5 ounces | VEGETABLES 2 cups | FRUITS 1 1/2 cups | MILK 3 cups | MEAT & BEANS 5 ounces |
|---|---|--|---|--|
| <p>Make half your grains whole</p> <p>Aim for at least 3 ounces of whole grains a day</p> | <p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 2 cups</p> <p>Orange veggies = 1 1/2 cups</p> <p>Dry beans & peas = 2 1/2 cups</p> <p>Starchy veggies = 2 1/2 cups</p> <p>Other veggies = 5 1/2 cups</p> | <p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Go easy on fruit juices</p> | <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p> | <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Vary your protein routine—choose more fish, beans, peas, nuts, and seeds</p> |

Find your balance between food and physical activity

Be physically active for at least **30 minutes** most days of the week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons a day.**

Limit extras—solid fats and sugars—to **130 calories a day.**

Your results are based on a 1600 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.