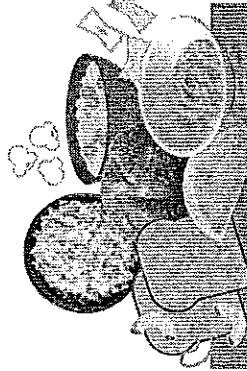
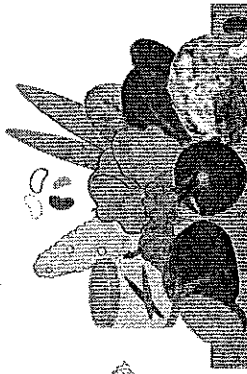
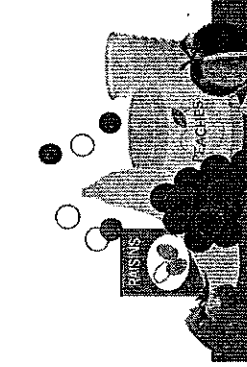
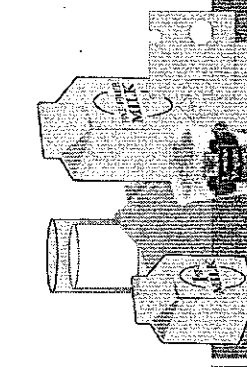
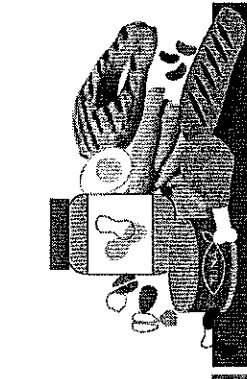


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My Daily Food Plan

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

 <p>GRAINS 6 ounces</p>	 <p>VEGETABLES 2 1/2 cups</p>	 <p>FRUITS 1 1/2 cups</p>	 <p>DAIRY 2 1/2 cups</p>	 <p>PROTEIN FOODS 5 ounces</p>
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<p>Make half your grains whole Aim for at least 3 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week: Dark green veggies = 1 1/2 cups Red & orange veggies = 5 1/2 cups Beans & peas = 1 1/2 cups Starchy veggies = 5 cups Other veggies = 4 cups</p>	<p>Focus on fruits Eat a variety of fruit. Choose whole or cut-up fruits more often than fruit juice.</p>	<p>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.</p>	<p>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.</p>
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<p>Find your balance between food and physical activity Be physically active for at least 60 minutes each day.</p>	<p>Know your limits on fats, sugars, and sodium Your allowance for oils is 5 teaspoons a day. Limit Calories from solid fats and added sugars to 160 Calories a day. Reduce sodium intake to less than 2300 mg a day.</p>
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Your results are based on an 1800 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.