


www.MyPyramid.gov Name _____ Ht _____ Wt _____ Age _____ Sex _____ Activity _____ Calories _____ Goal _____

Food Group	Amount/day	Day 1: Date _____	Day 2: Date _____	Day 3: Date _____	Day 4: Date _____
 <p>Grains Aim for _ whole</p>	6 ounces				
<p>Vegetables 3 cups dark green/wk 2 cups orange/wk 3 cups dry beans/wk 3 cups starch/wk 6_ cups other/wk</p>	2.5 cups				
<p>Fruits Banana, orange, apple, pineapple</p>	2 cups				
<p>Milk Milk, yogurt, soy milk, cottage cheese</p>	3 cups				
<p>Meat & Beans Chicken, fish, beef, pork, ham, shrimp, salmon, eggs</p>	5.5 ounces				
<p>Oils Olive oil, dressings, margarine, butter</p>	6 teaspoons				
<p>Extra fat & calories</p>	265 Calories				
<p>Exercise</p>	At least 30 minutes				

