







My Daily Food Plan Worksheet

SAMPLE

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 2600 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
_____ _____ _____	GRAINS 	Make at least half your grains whole grains	9 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)	_____ _____ _____	_____ _____ _____ ounce equivalents
_____ _____ _____	VEGETABLES 	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	3½ cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____	FRUITS 	Select fresh, frozen, canned, and dried fruit more often than juice	2 cups (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____	DAIRY 	Include fat-free and low-fat dairy foods every day	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____	PROTEIN FOODS 	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	6½ ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds)	_____ _____ _____	_____ _____ _____ ounce equivalents
_____ _____ _____	PHYSICAL ACTIVITY 	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 150 minutes each week.	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.	_____ _____ _____ minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____