



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

GRAINS 3 ounces	VEGETABLES 1 cup	FRUITS 1 cup	MILK 2 cups	MEAT & BEANS 2 ounces
<p>Make half your grains whole</p> <p>Aim for at least 1 1/2 ounces of whole grains a day</p>	<p>Vary your veggies Aim for these amounts each week:</p> <p>Dark green veggies = 1 cup</p> <p>Orange veggies = 1/2 cup</p> <p>Dry beans & peas = 1/2 cup</p> <p>Starchy veggies = 1 1/2 cups</p> <p>Other veggies = 4 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 **60 minutes** every day, or most days.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **3 teaspoons a day.**

Limit extras—solid fats and sugars—to **165 calories a day.**

Your results are based on a 1000 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.