







## MyPyramid Work Sheet

Check how you did today, and set a goal to aim for tomorrow

Write in Your Choices for Today	Tip	Goal Based on a 1,800 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>GRAINS</b></p>  <p>Make at least half your grains whole grains</p>	6-ounce equivalents (1-ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>VEGETABLES</b></p>  <p>Try to have vegetables from several subgroups each day</p>	2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>FRUITS</b></p>  <p>Make most choices fruit, not juice</p>	1.5 cups	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>MILK</b></p>  <p>Choose fat-free or low-fat most often</p>	3 cups (1 ½ ounces cheese = 1 cup milk)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>MEAT &amp; BEANS</b></p>  <p>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts and seeds</p>	5-ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish; 1 egg, 1 T. peanut butter, ½ ounce nuts or ¼ cup dry beans)	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>PHYSICAL ACTIVITY</b></p>  <p>Build more physical activity into your daily routine at home and work.</p>	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>minutes</p>

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

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

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