MyPyramid Worksheet

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

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 2800 calorie pattern.	List each food choice in its food group*	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	**10 ounce equivalents** (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	VEGETABLES	Try to have vegetables from several subgroups each day	**3 ½ cups** Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
	FRUITS	Make most choices fruit, not juice	**2 ½ cups**		cups
	MILK	Choose fat-free or low fat most often	**3 cups** (1 ½ ounces cheese = 1 cup milk)		cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	**7 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)		ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least **60 minutes** of moderate to vigorous activity a day, 10 minutes or more at a time.		minutes

*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____