









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 2400 calorie pattern. | List each food choice in its food group* | Estimate Your Total |
|---|---|--|---|--|-----------------------------------|
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>GRAINS</p> | <p>Make at least half your grains whole grains</p> | <p>8 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)</p> | <hr/> <hr/> <hr/> <hr/> | <hr/> <p>ounce equivalents</p> |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>VEGETABLES</p> | <p>Try to have vegetables from several subgroups each day</p> | <p>3 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</p> | <hr/> <hr/> <hr/> <hr/> | <hr/> <p>cups</p> |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>FRUITS</p> | <p>Make most choices fruit, not juice</p> | <p>2 cups</p> | <hr/> <hr/> <hr/> <hr/> | <hr/> <p>cups</p> |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>MILK</p> | <p>Choose fat-free or low fat most often</p> | <p>3 cups (1 1/2 ounces cheese = 1 cup milk)</p> | <hr/> <hr/> <hr/> <hr/> | <hr/> <p>cups</p> |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>MEAT & BEANS</p> | <p>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</p> | <p>6 1/2 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)</p> | <hr/> <hr/> <hr/> <hr/> | <hr/> <p>ounce equivalents</p> |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |  <p>PHYSICAL ACTIVITY</p> | <p>Build more physical activity into your daily routine at home and work.</p> | <p>At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.</p> | <p>*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.</p> | <hr/> <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: _____