









# 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 3200 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <p><b>GRAINS</b></p>	<p>Make at least half your grains whole grains</p>	<p><b>10 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ 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><b>VEGETABLES</b></p>	<p>Try to have vegetables from several subgroups each day</p>	<p><b>4 cups</b> 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><b>FRUITS</b></p>	<p>Make most choices fruit, not juice</p>	<p><b>2 ½ cups</b></p>	<hr/> <hr/> <hr/> <hr/>	<hr/> <p>cups</p>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <p><b>MILK</b></p>	<p>Choose fat-free or low fat most often</p>	<p><b>3 cups</b> (1 ½ 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><b>MEAT &amp; BEANS</b></p>	<p>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</p>	<p><b>7 ounce equivalents</b> (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>	<hr/> <hr/> <hr/> <hr/>	<hr/> <p>ounce equivalents</p>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <p><b>PHYSICAL ACTIVITY</b></p>	<p>Build more physical activity into your daily routine at home and work.</p>	<p>At least <b>30 minutes</b> 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: \_\_\_\_\_