









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 2600 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Make at least half your grains whole grains	9 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	<hr/> <hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Try to have vegetables from several subgroups each day	3 1/2 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Make most choices fruit, not juice	2 cups	<hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Choose fat-free or low fat most often	3 cups (1 1/2 ounces cheese = 1 cup milk)	<hr/> <hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	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)	<hr/> <hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	<hr/> minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____