






Name: \_\_\_\_\_

Date: \_\_\_\_\_

Daily calories: 2600 total (includes 410 discretionary calories)

(Use additional sheets as needed)

 <p><b>Grain Group</b> Make half your grains whole</p> <p><b>My goal: 9 ounces</b> (4.5 ounces whole grains)</p>	<b>Type of food</b>	<b>Amount</b>	<b>Ounce equivalent</b>	<b>Whole grain?</b>	<b>Total calories</b>	<b>Discretionary calories used</b>
 <p><b>Vegetable Group</b> Vary your veggies</p> <p><b>My goal: 3 1/2 cups</b></p>	<b>Type of food</b>	<b>Amount</b>	<b>Cup equivalent</b>		<b>Total calories</b>	<b>Discretionary calories used</b>
 <p><b>Fruit Group</b> Focus on fruits</p> <p><b>My goal: 2 cups</b></p>	<b>Type of food</b>	<b>Amount</b>	<b>Cup equivalent</b>		<b>Total calories</b>	<b>Discretionary calories used</b>
 <p><b>Milk Group</b> Get your calcium-rich foods</p> <p><b>My goal: 3 cups</b></p>	<b>Type of food</b>	<b>Amount</b>	<b>Cup equivalent</b>		<b>Total calories</b>	<b>Discretionary calories used</b>
 <p><b>Meat &amp; Bean Group</b> Go lean with protein</p> <p><b>My goal: 6 1/2 ounces</b></p>	<b>Type of food</b>	<b>Amount</b>	<b>Ounce equivalent</b>		<b>Total calories</b>	<b>Discretionary calories used</b>
<p><b>Other:</b></p> <p>List oils in this section. Your daily limit on oils is <b>8 teaspoons.</b></p> <p>Other "extras" include solid fats, sugars, and alcohol, which come out of your discretionary calorie allowance of <b>410 calories.</b></p>	<b>Type of food</b>	<b>Amount</b>		<b>Total calories</b>	<b>Discretionary calories used</b>	
<b>Daily calorie totals:</b>						