






Name: _____

Date: _____

Daily calories: 2000 total (includes 265 discretionary calories)

 <p>Grain Group Make half your grains whole</p> <p>My goal: 6 ounces (3 ounces whole grains)</p>	<p>Type of food</p>	<p>Amount</p>	<p>Ounce equivalent</p>	<p>Whole grain?</p>	<p>Total calories</p>	<p>Discretionary calories used</p>
	Oatmeal	1 cup cooked	2	Yes	150	
	Whole wheat toast	1 slice	1	Yes	70	
	Rye bread* ★	2 slices	2	No	166	
	Dinner roll	1 small	1	No	84	
 <p>Vegetable Group Vary your veggies</p> <p>My goal: 2 1/2 cups</p>	<p>Type of food</p>	<p>Amount</p>	<p>Cup equivalent</p>	<p>Total calories</p>	<p>Discretionary calories used</p>	
	Lettuce* ★	1/4 cup	1/4		2	
	Tomato* ★	2 large slices	1/4		8	
	Sweet potato, baked	1 large	1		162	
	Peas & onions	1/2 cup	1/2		40	
	Leafy green salad	1 cup	1		10	
 <p>Fruit Group Focus on fruits</p> <p>My goal: 2 cups</p>	<p>Type of food</p>	<p>Amount</p>	<p>Cup equivalent</p>	<p>Total calories</p>	<p>Discretionary calories used</p>	
	Orange juice, unsweetened	1 cup	1		112	
	Banana	1 medium	1/2		105	
	Dried apricots	1/4 cup	1/2		79	
	Grapefruit	1/2 medium	1/4		41	
 <p>Milk Group Get your calcium-rich foods</p> <p>My goal: 3 cups</p>	<p>Type of food</p>	<p>Amount</p>	<p>Cup equivalent</p>	<p>Total calories</p>	<p>Discretionary calories used</p>	
	Fat-free milk	1 cup	1		83	
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	Low-fat vanilla yogurt	1 container (6 oz)	3/4		140	60 ✓
	Non-fat chocolate frozen yogurt	1/2 cup	1/2		100	38 ✓
 <p>Meat & Bean Group Go lean with protein</p> <p>My goal: 5 1/2 ounces</p>	<p>Type of food</p>	<p>Amount</p>	<p>Ounce equivalent</p>	<p>Total calories</p>	<p>Discretionary calories used</p>	
	Tuna, packed in water* ★	3 oz.	3		99	
	Boneless, skinless chicken breast	3 oz.	3		124	
<p>Other:</p> <p>List oils in this section. Your daily limit on oils is 6 teaspoons.</p> <p>Other "extras" include solid fats, sugars, and alcohol, which come out of your discretionary calorie allowance of 265 calories.</p>	<p>Type of food</p>	<p>Amount</p>	<p>Total calories</p>	<p>Discretionary calories used</p>		
	Soft margarine	1 tsp.	29			
	Mayonnaise* ★	2 tsp.	67	67 ✓		
	Annie's shitake & sesame vinaigrette	1 tbsp.	60			
	Soft margarine	2 tsp.	58			
	Lite beer (Michelob Ultra)	12 oz.	97	97 ✓		
Daily calorie totals:					1969	262