

# Plan a Balanced Day

1. Select a healthy eating plan from the chart below based on these guidelines:
  - a. Plan A: Best suited for women who are currently less active and want to lose more than 10-15 pounds.
  - b. Plan B: Best suited for women who are moderately active and for men who are less active and want to lose more than 10-15 pounds.
  - c. Plan C: Best suited for men and for women who are very active and need to lose less than 10 pounds.
2. Learn how much to eat from each food group and make healthier choices within each food group. Over time, you may decide to make some changes to your plan to best suit your needs and your own eating style.

	Plan A 1,600 calories/day	Plan B 1,800-2,000 calories/day	Plan C 2,200-2,400 calories/day
Food Group	Number of servings/day		
Vegetables	2 cups	2 ½ cups	2 ½ cups
Fruits	1 ½ cups	1 ½-2 cups	2 cups
Grains & starches	5 ounces	6 ounces	7-8 ounces
Protein	5 ounces	5-5 ½ ounces	6-6 ½ ounces
Dairy	3 cups	3 cups	3 cups
<b><i>Limit these in your diet</i></b>			
Saturated fat	Less than 18 grams	Less than 20 grams	Less than 25 grams
Sodium	Less than 2,300 milligrams		
Added sugar	Men: Less than 9 teaspoons Women: Less than 6 teaspoons		