

Plan MyPlate

1. Write your daily goals for each food group.

Vegetables (cups):	
Fruits (cups):	
Grains/Starches (ounces):	
Protein (ounces):	
Dairy (cups):	
Added Fats (teaspoons):	
Added Sugars (teaspoons):	

2. Plan how much of each food group you want to have at a meal. Make sure the total for each group meets, but doesn't go over, your daily goal.

EXAMPLE	Vegetables	Fruits	Grains & Starches	Protein	Dairy
Breakfast		½ cup	2 ounces	2 ounces	1 cup
Lunch	1 cup	½ cup	2 ounces	1 ounce	1 cup
Dinner	1 cup		1 ounce	2 ounces	
Snack 1 (optional)		½ cup			1 cup
Totals	2 cups	1 ½ cups	5 ounces	5 ounces	3 cups

	Vegetables	Fruits	Grains & Starches	Protein	Dairy
Breakfast					
Lunch					
Dinner					
Snack 1 (optional)					
Snack 2 (optional)					
Totals					

3. Select foods for each meal or snack. Refer to what counts as an ounce or a cup for each food group. Choose foods that you like to eat and that are convenient for you.

EXAMPLE	Vegetables	Fruits	Grains & Starches	Protein	Dairy
Breakfast		½ large banana	½ cup cooked oatmeal		1 cup low-fat milk
Lunch	1 cup lettuce, 1 cup chopped veggies	½ cup berries	2 slices whole grain bread	1 ounce tuna fish	6-ounce cup plain yogurt
Dinner	1 cup carrots, onions, & peppers			1 ounce brown rice	2 ounces chicken
Snack 1 (optional)		1 small apple			2 Tbsp. peanut butter
Totals	2 ½ cups	2 cups	4 ounces	5 ounces	3 cups

	Vegetables	Fruits	Grains & Starches	Protein	Dairy
Breakfast					
Lunch					
Dinner					
Snack 1 (optional)					
Snack 2 (optional)					
Totals					