

ACTIVITY

MY PLAN

1. If you have not done so already, fill in the “My Recommended Amounts” column using information from the Daily Amounts sheet.
2. Look at the food list for one day that you created previously. In the “My Selections” column, record the foods on your list corresponding to each food group. Amounts of foods are given on the “Serving Sizes and Calories” sheet. Use a separate piece of paper to calculate amounts, if necessary. Additional information about foods and amounts can be found on the My Pyramid sheet and at www.MyPyramid.gov.
3. Compare the amounts of foods in the “My Recommended Amounts” and “My Selections” columns.
4. Now, based on your results, come up with a new plan to meet your recommended amounts better. Write your selections in the “My Healthier Plan” column. For example, many people need to consume fewer foods from the grains or oils groups and more from the vegetables or fruits groups.

	My Recommended Amounts	My Selections	My Healthier Plan
Fruits			
Vegetables			
Grains			
Meats and Beans			
Milk			
Oils			
Discretionary Foods			