



# HOW ARE YOU BUILDING YOUR PLATE?

What kinds of foods and beverages did you have yesterday? How much did you have? List the kinds and amounts below.

Example: A regular hamburger counts as 3 ounces of meat and 2 ounces of bread.

Now check out your choices! In the circles, write a "G" for grains by your grain choices, a "V" for vegetables by your veggie choices, "F" for fruit, "D" for dairy and "P" for protein. Add up your totals for each group. Below, write your totals for each group in the "Your Total" box.

BREAKFAST	Amount	LUNCH	Amount	DINNER	Amount	SNACKS	Amount
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○

## HOW ARE YOU DOING?

Use the MyPlate handout to find your goal. Write your goal for each group in the "MyPlate Plan Goal" box.

Did you get enough of all the groups? Are you eating a little too much in some groups?

### Grains

Your Total:  ounces  
 MyPlate Plan Goal:  ounces  
 1 ounce equivalent =  
 1 slice of bread, 1 cup of ready-to-eat cereal or ½ cup of cooked rice, cooked pasta or cooked cereal

**Make at Least Half Your Grains Whole**

### Vegetables

Your Total:  cups  
 MyPlate Plan Goal:  cups  
 1 cup =  
 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens

**Vary Your Veggies**

### Fruits

Your Total:  cups  
 MyPlate Plan Goal:  cups  
 1 cup =  
 1 cup of fruit or 100 percent fruit juice or ½ cup of dried fruit

**Focus on Fruits**

### Milk

Your Total:  cups  
 MyPlate Plan Goal:  cups  
 1 cup =  
 1 cup of milk or yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese

**Get Your Calcium-rich Foods**

### Protein

Your Total:  ounces  
 MyPlate Plan Goal:  ounces  
 1 ounce equivalent =  
 1 egg; 1 ounce of meat, poultry or fish; ¼ cup cooked dry beans; 1 tablespoon of peanut butter; or ½ ounce of nuts or seeds

**Go Lean with Protein**

My Goal \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_