

NAME _____ PERIOD _____

CHOOSEMYPLATE PERSONALIZED FOOD GROUP NEEDS

Log on to www.choosemyplate.gov

Choose the green tab called "Super Tracker and Other Tools"

Choose "Daily Food Plans"

In the first sentence of the information, click on the blue words "Daily Food Plan"

Enter your information (age, sex, weight, height, physical activity) and hit "submit"

I need _____ calories per day.

I need _____ from the grain group every day.

I need _____ from the vegetable group every day.

I need _____ from the fruit group every day.

I need _____ from the dairy group every day.

I need _____ from the protein group every day.

Aim for _____ or less of oil every day.

Limit your empty calories (extra fat and sugar) to _____ calories a day.

To the right of the chart...

Click on the blue part to view a PDF version of your results. (This is where you will find the sodium number needed above.)

Reduce sodium intake to less than _____ per day.

Go back and click on the blue part to view a PDF of a helpful Meal Tracking Worksheet.

Get from your teacher or print a copy of the "My Daily Food Plan Worksheet"