







MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Name: _____

Calories: _____

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
	GRAINS 	Make at least half your grains whole grains	1 ounce equivalent is about 1 slice bread, 1-cup dry cereal, or ½ cup rice or pasta	_____	_____
	VEGETABLES 	Try to have vegetables from several subgroups each day	_____ Cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____
	FRUITS 	Make most choices fruit, not juice	_____ Cups	_____	_____
	MILK 	Choose fat-free or low fat most often	_____ Cups 1 ½ ounces cheese = 1 cup milk	_____	_____
	MEAT & BEANS 	Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds	_____ Ounce equivalents 1-ounce equivalent = 1-ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ¼ cup dry beans or peas	_____	_____
	PHYSICAL ACTIVITY 	Build more physical activity into your daily routine at home and work	At least _____ minutes of moderate to vigorous activity a day, 10 minutes or more at a time	* Some foods don't fit into any group. These "extras" may be mainly fat or sugar – limit your intake of these	_____

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



Adapted from the USDA Center for Nutrition Policy and Promotion. (2005) MyPyramid Results Downloads. http://www.mypyramid.gov/professionals/results_download.html Accessed May 20, 2005) and University of Florida IFAS Extension, Department of Family, Youth and Community Sciences, 2005. <http://fycs.ifas.ufl.edu/pyramid/index.htm>