

My Daily Food Plan- 1800 Calories



Grains

Aim for **6 ounces** of grains a day.

In general, 1 slice of bread, 1 cup of oatmeal, and ½ cups cooked rice or pasta is considered **one ounce**.

Make **half** you grains whole grains.

Vegetables

Aim for **2½ cups** of vegetables a day.

Vary the **color** of your veggies. Fill your plate with dark green, red, and orange veggies.

Limit starchy vegetables like corn, potatoes, beans, and peas to **5½ cups per week**.

Fruits

Aim for **1½ cups** of fruits a day.

Eat a **variety** of fruits every day.

Choose **whole or cut up fruits** more often than fruit juice.

Dairy

Aim for **3 cups of** dairy a day.

Switch to **fat-free or 1%** milk for the same amount of calcium and nutrients, but less fat and calories.

Choose **fat free or low-fat** yogurts and cheeses.

Protein

Aim for **5 ounces** of protein a day.

Select **lean meat and poultry** options.

Incorporate seafood into your diet **at least twice a week**.

Be physically active. Aim for at least **180 minutes of physical activity** each week.