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
		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		_____ Ounce equivalents
		Try to have vegetables from several subgroups each day	____ **Cups** Subgoups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		_____ Cups
		Make most choices fruit, not juice	____ **Cups**		_____ Cups
		Choose fat-free or low fat most often	____ **Cups** 1 ½ ounces cheese = 1 cup milk		_____ Cups
		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		_____ Ounce equivalents
		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	_____ Minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

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