

# Casey's Food Groups and Calories Report 06/17/13 - 06/25/13

Your personal Calorie goal is **2500**. Your plan amounts are based on meeting your nutrient needs.

Food Groups	Target	Average Eaten	Status
Grains	8 ounce(s)	4 ounce(s)	Under
Whole Grains	≥ 4 ounce(s)	1 ounce(s)	Under
Refined Grains	≤ 4 ounce(s)	3 ounce(s)	OK
Vegetables	3 cup(s)	5¼ cup(s)	Over
Dark Green	2 cup(s)/week	4 cup(s)	Over
Red & Orange	6 cup(s)/week	2¾ cup(s)	Under
Beans & Peas	2 cup(s)/week	3 cup(s)	Over
Starchy	6 cup(s)/week	0 cup(s)	Under
Other	5 cup(s)/week	13¾ cup(s)	Over
Fruits	2 cup(s)	3 cup(s)	Over
Whole Fruit	No Specific Target	3 cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	3 cup(s)	¼ cup(s)	Under
Milk & Yogurt	No Specific Target	0 cup(s)	No Specific Target
Cheese	No Specific Target	¼ cup(s)	No Specific Target
Protein Foods	6½ ounce(s)	4½ ounce(s)	Under
Seafood	10 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	3 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	1½ ounce(s)	No Specific Target
Oils	7 teaspoon	2 teaspoon	Under
Limits	Allowance	Average Eaten	Status
Total Calories	2500 Calories	1288 Calories	Under
Empty Calories*	≤ 330 Calories	143 Calories	OK
Solid Fats	*	121 Calories	*
Added Sugars	*	12 Calories	*
Alcohol	*	11 Calories	*

\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

**Note:** If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.