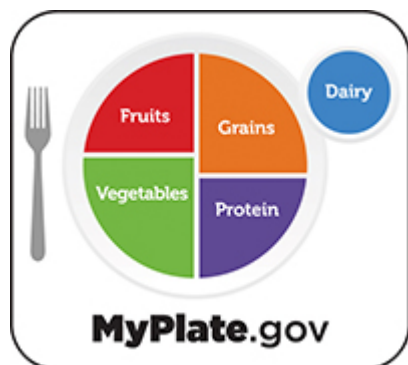


## MyPlate Worksheet: 1,800 Calories



Your calorie needs are about 1,800 calories a day. Below are the USDA guidelines for your daily recommended amount of each food group.



<b>Vegetables 2½ cups</b>	<b>Fruits 1½ cups</b>	<b>Grains 6 ounces</b>	<b>Dairy 3 cups</b>	<b>Protein 5 ounces</b>
Eat a variety of vegetables each day.	Eat a variety of fruits each day.			Choose low-fat or lean meats, poultry, fish, and seafood each day.
Aim for these amounts each week:	Go easy on fruit juices.	Choose whole grains whenever you can.	Choose low-fat or fat-free milk, yogurt, or cheese each day.	Vary your protein. Choose more:
<ul style="list-style-type: none"><li>• 1½ cups dark green vegetables</li><li>• 5½ cups red or orange-colored vegetables</li><li>• 1½ cups dry beans and peas</li><li>• 5 cups starchy vegetables</li><li>• 4 cups other vegetables</li></ul>	Good choices of fruits include: <ul style="list-style-type: none"><li>• Berries</li><li>• Bananas</li><li>• Apples</li><li>• Melon</li><li>• Dry fruit</li><li>• Frozen fruit</li><li>• Canned fruit</li></ul>	Aim to eat at least 3 ounces of whole grains each day: <ul style="list-style-type: none"><li>• Bread</li><li>• Cereal</li><li>• Rice</li><li>• Pasta</li><li>• Potatoes</li><li>• Tortillas</li></ul>	Good choices include: <ul style="list-style-type: none"><li>• Low-fat or fat-free milk or chocolate milk</li><li>• Low-fat or fat-free yogurt</li><li>• Low-fat or fat-free cottage cheese or other reduced-fat cheeses</li><li>• Calcium-fortified milk alternatives</li></ul>	<ul style="list-style-type: none"><li>• Fish and other seafood</li><li>• Lean low-fat meat and poultry</li><li>• Eggs</li><li>• Beans, peas</li><li>• Tofu</li><li>• Unsalted nuts and seeds</li></ul> <p>Choose less high-fat and red meat.</p>

Source: USDA MyPlate, [www.myplate.gov](http://www.myplate.gov)

## Know your limits on saturated fat, added sugars, and salt

- Your allowance for saturated fat is 20 grams a day.
- Limit added sugars to 45 grams a day.
- Cut back on salt (sodium). Stay under 2,300 mg sodium a day. If you have a health condition such as heart disease or high blood pressure, your doctor will likely tell you to limit sodium to no more than 1,500 mg a day.

## Get moving and be active!

Aim for at least 30 minutes of physical activity most days of the week or 150 minutes of moderate exercise a week.

## MyPlate servings worksheet: 1,800 calories

This worksheet tells you how many servings you should get each day from each food group, and tells you how much food makes a serving. Use this as a guide as you plan your meals throughout the day. Track your progress daily by writing in what you actually ate.

Food group	Daily MyPlate goal	What you ate today
Vegetables	5 half-cups or 5 servings	
	One serving is:	
	½ cup cut-up raw or cooked vegetables	
	1 cup raw, leafy vegetables	
Fruits	½ baked sweet potato	
	½ cup vegetable juice	
	Note: At meals, fill half your plate with vegetables and fruit.	
	3 half-cups or 3 servings	
Grains	One serving is:	
	½ cup fresh, frozen, or canned fruit	
	1 medium piece of fruit	
	1 cup of berries or melon	
Dairy	½ cup dried fruit	
	½ cup 100% fruit juice	
	Note: Make most choices fruit instead of juice.	
	6 servings or 6 ounces	
	One serving is:	
	1 slice bread	
	1 cup dry cereal	
	½ cup cooked rice, pasta, or cereal	
	1 5-inch tortilla	
	Note: Choose whole grains for at least half of your servings each day.	
	3 servings or 3 cups	
	One serving is:	
	1 cup milk	
	1½ ounces reduced-fat hard cheese	
	2 ounces processed cheese	
	1 cup low-fat yogurt	
	1/3 cup shredded cheese	

Note: Choose low-fat or fat-free most often.

5 servings or 5 ounces

One serving is:

1 ounce cooked lean beef, pork, lamb, or ham

1 ounce cooked chicken or turkey (no skin)

1 ounce cooked fish or shellfish (not fried)

Protein

1 egg

¼ cup egg substitute

½ ounce nuts or seeds

1 tablespoon peanut or almond butter

¼ cup cooked dry beans or peas

½ cup tofu

2 tablespoons hummus

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