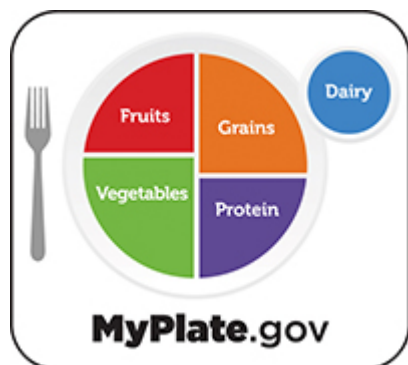


MyPlate Worksheet: 3,000 Calories



Your calorie needs are about 3,000 calories a day. Below are the USDA guidelines for your daily recommended amount of each food group.



Vegetables, 4 cups

Eat a variety of vegetables each day.

Aim for these amounts each week:

- 2½ cups dark green vegetables
- 7½ cups red or orange-colored vegetables
- 3 cups dry beans and peas
- 8 cups starchy vegetables
- 7 cups other vegetables

Fruits, 2½ cups

Eat a variety of fruits each day.

Go easy on fruit juices.

Good choices of fruits include:

- Berries
- Bananas
- Grapes
- Apples
- Melon
- Dried fruit
- Frozen fruit
- Canned fruit

Grains, 10 ounces

Choose whole grains whenever you can.

Aim to eat at least 5 ounces of whole grains each day:

- Bread
- Cereal
- Rice
- Pasta
- Potatoes
- Tortillas

Dairy, 3 cups

Choose low-fat or fat-free milk, yogurt, or cheese each day.

Good choices include:

- Low-fat or fat-free milk or chocolate milk
- Low-fat or fat-free yogurt
- Low-fat or fat-free cottage cheese or other reduced-fat cheeses
- Calcium-fortified milk alternatives, including soy milk

Protein, 7 ounces

Choose low-fat or lean meats, poultry, fish, and seafood each day.

Vary your protein. Choose more:

- Fish and other seafood
- Lean low-fat meat and poultry
- Eggs
- Beans, peas
- Tofu
- Unsalted nuts and seeds

Choose less high-fat and red meat.

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

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

- Your allowance for saturated fat is 33 grams a day or less.
- Limit added sugars to less than 75 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 healthcare provider 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: 3,000 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	8 Half-cups or 8 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.	
	5 Half-cups or 5 Servings	
Fruits	One serving is:	
	½ cup fresh, frozen, or canned fruit	
	1 medium piece of fruit	
	1 cup of berries or melon	
Grains	½ cup dried fruit	
	½ cup 100% fruit juice	
	Note: Make most choices fruit instead of juice.	
	10 Servings or 10 Ounces	
Grains	One serving is:	
	1 slice bread	
	1 cup dry cereal	
	½ cup cooked rice, pasta, or cereal	
Dairy	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:	
Dairy	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.

7 Servings or 7 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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