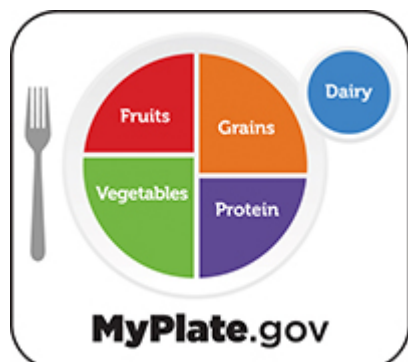


MyPlate Worksheet: 1,400 Calories



Your calorie needs are about 1,400 calories a day. Below are the USDA guidelines for your daily recommended amount of each food group.



Vegetables 1½ cups	Fruits 1½ cups	Grains 5 ounces	Dairy 2½ cups	Protein 4 ounces
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"> 1 cup dark green vegetables 3 cups red or orange-colored vegetables ½ cup dry beans and peas 3½ cups starchy vegetables 2½ cups other vegetables 	Good choices of fruits include: <ul style="list-style-type: none"> Berries Bananas Apples Melon Dried fruit Frozen fruit Canned fruit 	Aim to eat at least 2½ ounces of whole grains each day: <ul style="list-style-type: none"> Bread Cereal Rice Pasta Potatoes Tortillas 	Good choices include: <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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, www.myplate.gov

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

- Your allowance for saturated fat is 16 grams a day.
- Limit added sugars to 35 grams a day.
- Cut back on salt (sodium). Stay under 1,500 mg sodium a day for children ages 4 to 8. For adults, stay under 2,300 mg sodium per 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: 1,400 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	3 half-cups or 3 servings	
	One serving is:	
	½ cup cut-up raw or cooked vegetables	
	1 cup raw, leafy vegetables	
	½ baked sweet potato	
Fruits	½ cup vegetable juice	
	Note: At meals, fill half your plate with vegetables and fruit and eat them first.	
	3 half-cups or 3 servings	
	One serving is:	
	½ cup fresh, frozen, or canned fruit	
Grains	1 medium piece of fruit	
	1 cup of berries or melon	
	½ cup dried fruit	
	½ cup 100% fruit juice	
	Note: Make most choices fruit instead of juice.	
Dairy	5 servings or 5 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.	
	2½ servings or 2½ 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.

4 servings or 4 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

1/4 cup egg substitute

1/2 ounce nuts or seeds

1 tablespoon peanut or almond butter

1/4 cup cooked dry beans or peas

1/2 cup tofu

2 tablespoons hummus

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