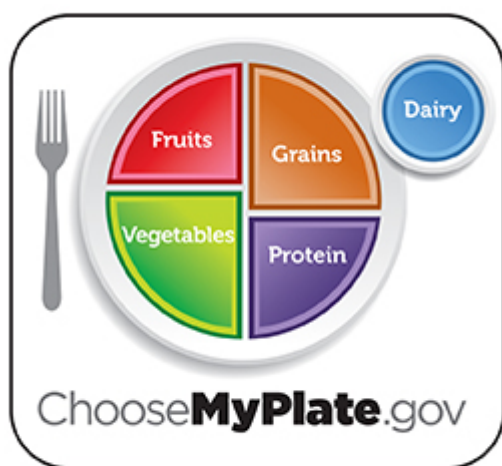


# MyPlate Daily Food Plan and Servings Worksheet: 1,000 Calories



Your healthcare provider advises that you need about 1,000 calories a day. Below are the U.S. Department of Agriculture (USDA) guidelines for your daily recommended amount of each food group.



Vegetables (1 cup)	Fruits (1 cup)	Grains (3 ounces)	Dairy (2 cups)	Protein (2 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"> <li>• ½ cup dark green vegetables</li> <li>• 2½ cups red or orange-colored vegetables</li> <li>• 2½ cups dry beans and peas</li> <li>• 2 cups starchy vegetables</li> <li>• 1½ 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>• Dried fruit</li> <li>• Frozen fruit</li> <li>• Canned fruit (not in syrup)</li> </ul>	Aim to eat at least 1½ 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>
				Choose less high-fat and red meat.

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

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

- Limit saturated fats to no more than 11 grams per day.
- Limit added sugars to less than 25 grams a day.
- Cut back on salt (sodium). Stay under 1,200 mg sodium a day.

## Get moving and be active!

Aim for at least 150 minutes of exercise a week. That's about 22 minutes a day. Even better, try to get 30 minutes of physical activity most days of the week.

## MyPlate Servings Worksheet: 1,000 calories

This worksheet tells you how many servings you should get each day from each food group. And it 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
	2 half-cups or 2 servings	
	1 serving is:	
	<ul style="list-style-type: none"> <li>• ½ cup cut-up raw or cooked vegetables</li> </ul>	
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• 1 cup raw, leafy vegetables</li> <li>• ½ baked sweet potato</li> <li>• ½ cup vegetable juice</li> </ul>	
	Note: At meals, fill half your plate with vegetables and fruit and eat them first.	
	2 half-cups or 2 servings	
	1 serving is:	
	<ul style="list-style-type: none"> <li>• ½ cup fresh, frozen, or canned fruit</li> </ul>	
	<ul style="list-style-type: none"> <li>• 1 medium piece of fruit</li> </ul>	
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• 1 cup of berries or melon</li> <li>• ½ cup dried fruit</li> <li>• ½ cup 100% fruit juice</li> </ul>	
	Note: Make most choices fruit instead of juice.	
	3 servings or 3 ounces	
	1 serving is:	
	<ul style="list-style-type: none"> <li>• 1 slice bread</li> </ul>	
<b>Grains</b>	<ul style="list-style-type: none"> <li>• 1 cup dry cereal</li> <li>• ½ cup cooked rice, pasta, or cereal</li> <li>• 1 5-inch tortilla</li> </ul>	
	Note: Choose whole grains for at least half of your servings each day.	
<b>Dairy</b>	2 servings or 2 cups	

1 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.

2 servings or 2 ounces

1 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)
- 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

**Protein**

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