



HOW ARE YOU BUILDING YOUR PYRAMID?

What kinds of foods and beverages did you have yesterday? How much did you have? List the kinds and amounts below.

Example: A regular hamburger counts as 3 ounces of meat and 2 ounces of bread.

Now check out your choices! In the circles, write a "G" for grains by your grain choices, a "V" for vegetables by your veggie choices, "F" for fruit, "M" for milk and "B" for meat or beans. Add up your totals for each group. Below, write your totals for each group in the "Your Total" box.

BREAKFAST	Amount	LUNCH	Amount	DINNER	Amount	SNACKS	Amount
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○
_____	_____ ○	_____	_____ ○	_____	_____ ○	_____	_____ ○

HOW ARE YOU DOING?

Use the "Ballpark Estimate" handout to find your "MyPyramid Plan Goal." Write your goal for each group in the "MyPyramid Plan Goal" box. Did you get enough of all the groups? Are you eating a little too much in some groups?

Grains

Your Total: ounces
 MyPyramid Plan Goal: ounces
 1 ounce equivalent =
 1 slice of bread, 1 cup of ready-to-eat cereal or ½ cup of cooked rice, cooked pasta or cooked cereal
Make Half Your Grains Whole

Vegetables

Your Total: cups
 MyPyramid Plan Goal: cups
 1 cup =
 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens
Vary Your Veggies

Fruits

Your Total: cups
 MyPyramid Plan Goal: cups
 1 cup =
 1 cup of fruit or 100 percent fruit juice or ½ cup of dried fruit
Focus on Fruits

Milk

Your Total: cups
 MyPyramid Plan Goal: cups
 1 cup =
 1 cup of milk or yogurt, 1½ ounces of natural cheese or 2 ounces of processed cheese
Get Your Calcium-rich Foods

Meat and Beans

Your Total: ounces
 MyPyramid Plan Goal: ounces
 1 ounce equivalent =
 1 egg; 1 ounce of meat, poultry or fish; ¼ cup cooked dry beans; 1 tablespoon of peanut butter; or ½ ounce of nuts or seeds
Go Lean on Protein

Eat Smart. Play Hard. With MyPyramid!

My Goal _____

