



# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow



| Write in Your Choices for Today | Food Group                   | Tip   | Goal Based on a 2000 calorie pattern.  | List each food choice in its food group*  | Estimate Your Total     |
|---------------------------------|------------------------------|---|--|---|-------------------------|
| _____                           | <b>GRAINS</b><br>            | Make at least half your grains whole grains   | <b>6 ounce equivalents</b><br>(1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)                  | _____   | _____ ounce equivalents |
| _____                           | <b>VEGETABLES</b><br>        | Try to have vegetables from several subgroups each day                                  | <b>2 1/2 cups</b><br>Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies   | _____   | _____ cups              |
| _____                           | <b>FRUITS</b><br>            | Make most choices fruit, not juice  | <b>2 cups</b>  | _____   | _____ cups              |
| _____                           | <b>MILK</b><br>              | Choose fat-free or low fat most often   | <b>3 cups</b><br>(1 1/2 ounces cheese = 1 cup milk)  | _____   | _____ cups              |
| _____                           | <b>MEAT &amp; BEANS</b><br>  | Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds | <b>5 1/2 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans) | _____   | _____ ounce equivalents |
| _____                           | <b>PHYSICAL ACTIVITY</b><br> | Build more physical activity into your daily routine at home and work.                  | At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.   | *Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these. | _____ minutes           |

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

Made available by the LSU AgCenter Nutrition Programs  
 Louisiana State University Agricultural Center  
 William B. Richardson, Chancellor  
 Louisiana Agricultural Experiment Station  
 David Boethel, Vice Chancellor and Director  
 Louisiana Cooperative Extension Service  
 Paul D. Coreil, Vice Chancellor and Director  
 Pub. 2937 (20M) 2/06

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.