







Daily Checklist ✓

<p>Water</p>	<p>64 oz. (8 cups per day)</p> 
<p>Fruit</p>	<p>2 cups (vary color)</p> 
<p>Vegetables</p>	<p>3 cups (vary color)</p> 
<p>Grains</p>	<p>6-8 oz. (1 slice of bread or 1 cup cereal = 1 ounce) (1/2 cup cooked rice, cooked pasta or cooked oatmeal = 1 ounce)</p> 
<p>Protein</p>	<p>5-6 and ½ oz. (1 egg, 1 Tbs. peanut butter, ¼ cup beans = 1 ounce) (Portion of meat the size of your palm = 3 ounces)</p> 
<p>Dairy</p>	<p>3 cups (Fat-free or low-fat)</p> 

Additional Resources

If you aren't sure what counts as an ounce of protein or how many vegetables are included in a cup, visit the sites below. These MyPlate.gov links include charts with detailed examples of each food group as well as their related portion sizes. They may even give you some ideas on new items to freshen up your diet!

Vegetables:

<http://www.choosemyplate.gov/food-groups/vegetables-counts.pdf>

Fruits:

<http://www.choosemyplate.gov/food-groups/fruits-counts.pdf>

Protein:

<http://www.choosemyplate.gov/food-groups/protein-foods-counts.pdf>

Grains:

<http://www.choosemyplate.gov/food-groups/grains-counts.pdf>

Dairy:

<http://www.choosemyplate.gov/food-groups/dairy.html>