


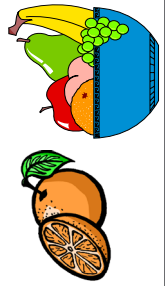






ChooseMyPlate Worksheet

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

Servings below are for a 25-year-old woman who is 5' 5" and of normal weight before pregnancy. Go to www.choosemyplate.gov/supertracker-tools/daily-food-plans/moms.html to create your personal daily food plan based on your height, weight, activity, and trimester of pregnancy. "Supertracker" is a great tool. Try it!

Write in Your Choices for Today	Food Group	Tip	Goal <i>(Based on 2200 calories in 1st trimester to 2600 in 3rd)</i>	List each food choice in its food group*	Estimate Your Total
_____ _____ _____		Make at least half your grains whole grains.	7 to 9 ounces (oz) daily 1 oz is about 1 slice bread, 1 small tortilla, 1 cup dry cereal or ½ cup cooked rice, pasta, or cereal.	_____ _____ _____	_____ _____ _____ ounces
_____ _____ _____		Vary your vegetables. Try to have vegetables from several subgroups each day.	3 to 3½ cups daily 2 cup raw leafy greens is 1 cup Subgroups: Dark Green, Red and Orange, Starchy, Dry Beans and Peas, Other.	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____		Focus on fruits. Make most choices fruit, not juice.	2 cups daily 1 cup is ½ cup dried fruit, 1 cup raw or cooked fruit, 1 cup fruit juice.	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____		Get your calcium-rich foods. Choose fat-free or low fat most often.	3 cups daily 1 cup (C) is 1½ oz cheese, 2 oz processed cheese, 2 C cottage cheese, 1 C milk, 1 C fortified soymilk.	_____ _____ _____	_____ _____ _____ cups
_____ _____ _____		Choose lean meat and poultry. Vary your choices— more fish, beans, peas, nuts, seeds.	6 to 6½ ounces (oz) daily 1 oz of protein is in 1 egg, 1 Tbsp peanut butter, ½ oz nuts or seeds, or ¼ cup cooked dry beans or peas.	_____ _____ _____	_____ _____ _____ ounces
_____ _____ _____		Build more physical activity into your daily routine at home or work.	At least 150 minutes of moderate activity weekly. Each activity to be done at least 10 minutes at a time.	_____ _____ _____	_____ _____ _____ minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____