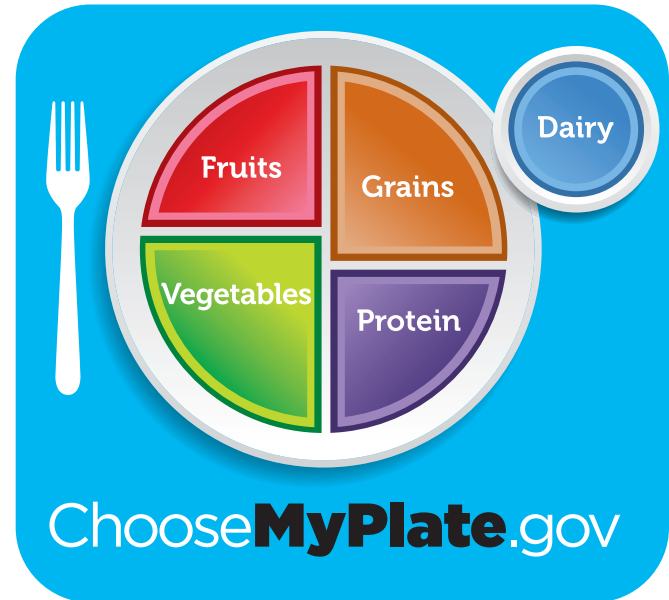


My Daily Food Guide

Use a MyPlate Wheel or visit www.choosemyplate.gov/MyPlate-Daily-Checklist-input to find out your recommended daily food group amounts.

My age: _____

My Daily activity level:



Grains

_____ ounces

Vegetables

_____ cups

Fruits

_____ cups

Dairy

_____ cups

Protein

_____ ounces