



MyPyramid Daily Food Recommendations and Servings Worksheet: 2,200 Calories

Your calorie needs are about 2,200 calories a day. Below are the U.S. Department of Agriculture (USDA) guidelines for your daily recommended amount of each food group.

Grains	Vegetables	Fruits	Milk	Meat & Beans
7 ounces	3 cups	2 cups	3 cups	6 ounces
<p>Choose whole grains whenever you can.</p> <p>Aim for at least 3½ ounces of whole grains each day</p>	<p>To be sure you eat a good mix of vegetables, aim for these amounts each week:</p> <ul style="list-style-type: none"> • 3 cups dark green vegetables • 2 cups orange vegetables • 3 cups dried beans and peas • 6 cups starchy vegetables • 7 cups other vegetables 	<p>Eat a variety of fruits.</p> <p>Go easy on fruit juices.</p>	<p>Choose low-fat or fat-free milk, yogurt, or cheese</p>	<p>Choose low-fat or lean meats and poultry.</p> <p>Vary your protein: choose more fish, beans, peas, nuts, and seeds and less red meat.</p>

Know your limits on fats and sugars.

- Your allowance for oils is **6 teaspoons a day**.
- Limit extras (solid fats and sugars) to **290 calories a day**.

Get moving and be active!

Aim for at least **30 minutes** of physical activity most days of the week.

Your Servings Worksheet

This worksheet tells you how many servings you should get each day from each food group, and tells you how much food makes a serving. Use this as you plan your meals throughout the day. Track your progress daily by writing in what you actually eat.