

Tracker for 1800 Calorie Food Plan

Keeping track will help you to eat more veggies, feel better, and improve your health - not to mention your waistline!



	Grains	Vegetables	Fruits	Dairy	Protein	Oils
Each square =	1 ounce equivalent	½ cup equivalent	½ cup	1 cup equivalent	1 ounce equivalent	teaspoons
Monday						○○○○○
Tuesday						○○○○○
Wednesday						○○○○○
Thursday						○○○○○
Friday						○○○○○
Saturday						○○○○○
Sunday						○○○○○
Limit your empty calories (extra fats and sugars) to 160 calories.	Make half your grains whole Aim for at least 3 ounces of whole grains each day.	Vary your veggies Use the chart below to make sure that you get the recommended amounts of dark green, red & orange, beans & peas, starchy veggies and other veggies each week.	Focus on fruits Eat a variety of fruit. Choose fruits more often than juice.	Get your calcium-rich foods Drink fat free or low-fat (1%) milk*	Go lean with protein Vary your protein routine - Twice a week, make seafood your protein (8 oz/wk). Choose beans, peas, nuts & seeds more often (4 oz/wk).	Choose healthy oils Use unsaturated vegetable oils.

WEEKLY: When you record vegetable ½ cup equivalents above, also check the type of vegetable below to track the recommended weekly variety of veggies.

dark green	red & orange	beans	starchy	other

* low fat and fat free dairy products have the same amount of calcium and nutrients as whole milk, but less fat and calories.