

Tracker for 2200 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 equivalent | 1 cup | 1 ounce equivalent | teaspoons |
| Monday | | | | | | ○○○○○ |
| Tuesday | | | | | | ○○○○○ |
| Wednesda | | | | | | ○○○○○ |
| Thursday | | | | | | ○○○○○ |
| Friday | | | | | | ○○○○○ |
| Saturday | | | | | | ○○○○○ |
| Sunday | | | | | | ○○○○○ |
| Limit your empty calories (extra fats and sugars) to 270 calories. | Make half your grains whole Aim for at least 3 1/2 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.