

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

# Tracker for 2600 Calorie Food Plan



**GRAINS**  
9 ounces



**VEGETABLES**  
3 1/2 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
6 1/2 ounces

	Grains	Vegetables	Fruits	Dairy	Protein	Oils
Each square	1 ounce equivalent	1/2 cup equivalent	1/2 cup	1 cup	1 ounce equivalent	teaspoons
<b>Monday</b>						○○○○○○○○
<b>Tuesday</b>						○○○○○○○○
<b>Wednesd</b>						○○○○○○○○
<b>Thursday</b>						○○○○○○○○
<b>Friday</b>						○○○○○○○○
<b>Saturday</b>						○○○○○○○○
<b>Sunday</b>						○○○○○○○○
Limit your empty calories (extra fats and sugars) to 360 calories.	<b>Make half your grains whole</b> Aim for at least <b>4 1/2 ounces</b> of whole grains each day.	<b>Vary your veggies</b> 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 <b>each week.</b>	<b>Focus on fruits</b> Eat a variety of fruit. Choose fruits more often than juice.	<b>Get your calcium-rich foods</b> Drink fat free or low-fat (1%)	<b>Go lean with protein</b> Vary your protein routine - Twice a week, make seafood your protein (8 oz/wk). Choose beans, peas, nuts & seeds more often (4 oz/wk).	<b>Choose healthy oils</b> Use unsaturated vegetable oils.

**WEEKLY:** When you record vegetable 1/2 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.