

Name _____

Choosemyplate.gov Results

For my height, weight, gender and activity level. The Dietary Guidelines for Americans suggests that I get

Grains = _____ oz

The rule for the grains group is:

Vegetables = _____ cups

The rule for the vegetable group is:

Fruits = _____ cups

The rule for the fruits group is:

Dairy = _____ cups

The rule for the dairy group is:

Protein = _____ oz

The rule for the protein group is:

I should limit my extra calorie items to _____ calories per day.

My results are based on a _____ calorie diet.

Save your results page into your google docs.