

Key: G = grain, F = fruit, V = vegetable, D = dairy, M = meat, fish, poultry, egg, N= nuts or beans, O = fats, sugars				
	1200 calories	1600 calories	2000 calories	2400 calories
Breakfast	1 - 2 G 1 - 2 F 1 D	1 - 2 G 1 - 2 F 1 D 1 O	2 - 3 G 2 F 1 D 1 O	2 - 3 G 2 F 1 D 1 O
Lunch	1 - 2 G 1 - 2 V 1 - 2 D 2 oz M 1 O	1 - 3 G 1 F 1 - 2 V 1 - 2 D 2 oz M 1 O	2 - 3 G 1 F 2 V 1 - 2 D 3 oz M 1 O	2 - 3 G 1 F 2+ V 1 - 2 D 4 oz M 2 O
Snacks	0 - 1 F 0 - 1 D 0 - 1 N	0 - 1 G 0 - 1 F 0 - 1 D 0 - 1 N	0 - 1 G 0 - 1 F 0 - 1 D 0 - 1 N	1 - 2 G 0 - 1 F 1 D 0 - 1 N
Dinner	0 - 1 G 2 - 3 V 3 oz M 1 O	2 - 3 G 1 F 2 - 3 V 3 oz M 1 O	2 - 3 G 1 F 2 - 3 V 4 oz M 1 O	5 oz M 1 F 2 - 3+ V 3 - 4 G 2 O
Daily Totals				
G	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
F	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
V	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
D	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
M	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
O	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<ul style="list-style-type: none"> ✓ Shaded boxes indicate desirable extra servings of low fat or nonfat dairy and non-starchy vegetables. ✓ Circled grain boxes indicate minimum servings of whole grains. ✓ Fruit serving size is 4 oz for 1200 - 1600 calories, and 6 oz for 2000 - 2400 calories. ✓ For weight control, choose non-starchy vegetables for servings in excess of 5 per day. (Starchy vegetables include potatoes and winter squash.) ✓ If you have more than 3 dairy per day (which is a good idea), remove 1 oz meat for each extra dairy serving. 				