



Your Homework

Try to log all food and drink for one day and see how you match up to My Pyramid. Then try to eat one day following the MyPyramid guidelines for your estimated daily calories. This is a good starting point. You can customize from here. For more info, log onto www.mypyramid.gov

Daily Calorie Goals, if you are:

BMI Underweight = <18.5, initial goal is 35 – 40 kcal/kg a day

BMI Normal range = 18.5-24.9, initial goal is 30 – 35 kcal/kg a day

BMI Overweight = 25-29.9 and <, initial goal is 25 - 30 kcal/kg a day

Example: you weigh 150#, this is 68kg, if you are:

Underweight: initial daily kcal goal is: 2380 - 2720

Normal range: initial daily kcal goal is: 2040 - 2380

Overweight: initial daily kcal goal is: 1700 – 2040

MyPyramid Food Intake Patterns

Daily Amount of Food From Each Group												
Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables ³	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains ⁴	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans ⁵	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk ⁶	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary calorie allowance ⁸	165	171	171	132	195	267	290	362	410	426	512	648

Day:

Meal	Food	Calories	Drink	Calories
Breakfast				
Snack 1				
Lunch				
Snack 2				
Dinner				