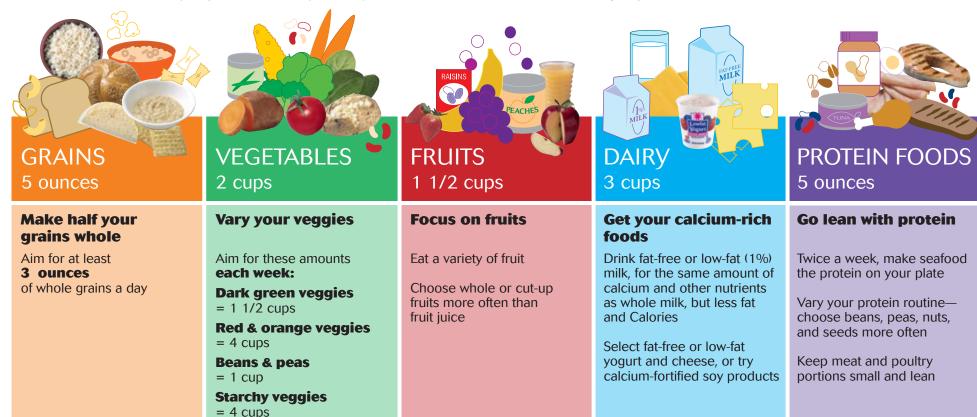
My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



Find your balance between food and physical activity

Other veggies = 3 1/2 cups

Be physically active for at least **150 minutes** each week.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day. Limit Calories from solid fats and added sugars to **120 Calories** a day. Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1600 Calorie pattern.

Name:

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.