



# Enjoy Foods From All 5 Food Groups

Eating the nutrient-rich way means making foods and beverages from the five basic food groups the foundation of your eating plan to come closer to meeting the MyPyramid recommendations. Use this weekly tracker to help evaluate and adjust what you eat to meet recommendations for each food group:

- **Mark a circle to track the amount of food you eat from each food group, daily**

- **Numbered circles indicate recommended daily amounts for an adult diet of 2,000 calories per day**
- **White circles indicate additional amounts you might consume**
- **Review your weekly tracker**

If your food group intake is low in some groups, try gradually increasing intake within those groups to come closer to meeting all recommendations before enjoying additional servings.

FOOD GROUPS	EACH NUMBERED CIRCLE REPRESENTS
Grains	▶ 1 slice of bread, 1 cup dry cereal, 1/2 cup cooked pasta or rice
Milk	▶ 1 cup milk or yogurt, 1 1/2 ounces natural cheese
Vegetables	▶ 1 cup most vegetables, 2 cups leafy greens
Fruits	▶ 1 cup fruit or 100% fruit juice, 1/2 cup dried fruit
Meat & Beans	▶ 1 ounce meat, poultry or fish, 1 egg, 1/2 ounce nuts, 1 tablespoon peanut butter, 1/4 cup cooked beans

**FOOD GROUPS**

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>Grains</b> (in ounces)	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●	① ② ③ ④ ⑤ ⑥ ● ●
<b>Milk</b> (in cups)	① ② ③ ● ●	① ② ③ ● ●	① ② ③ ● ●	① ② ③ ● ●	① ② ③ ● ●	① ② ③ ● ●	① ② ③ ● ●
<b>Vegetables</b> (in cups)	① ② ½ ● ●	① ② ½ ● ●	① ② ½ ● ●	① ② ½ ● ●	① ② ½ ● ●	① ② ½ ● ●	① ② ½ ● ●
<b>Fruits</b> (in cups)	① ② ● ●	① ② ● ●	① ② ● ●	① ② ● ●	① ② ● ●	① ② ● ●	① ② ● ●
<b>Meat &amp; Beans</b> (in ounces)	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●	① ② ③ ④ ⑤ ½ ● ●
<b>Others</b>	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●

Shop the perimeter of the grocery store for nutrient-rich foods and beverages.

Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) to determine your specific calorie needs and corresponding food group recommendations and learn how to translate recommended ounce and cup amounts into typical portions for meal planning.

Visit [www.NutrientRichFoods.org](http://www.NutrientRichFoods.org) for more information on how to achieve better health with nutrient-rich foods.