

How Much Do I Need?

Name _____ Date _____

Directions: Read the descriptions of the activity levels below and decide which one best describes you. Then look at the chart to see how many calories you need daily based on your activity level.

Sedentary: Doing only the light physical activity associated with typical day-to-day life, such as taking a shower, getting dressed, and taking the bus to school.

Example: Someone who sits most of the day doing activities such as riding in a bus or car, watching TV, playing video games, or using a computer.

Moderately Active: Doing physical activity equivalent to walking 1.5 to 3 miles a day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Example: Someone who bikes for half an hour a day but doesn't break a sweat.

Active: Doing physical activity equivalent to walking more than 3 miles a day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Example: Someone on a basketball team.

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Female	14-18	1800 calories	2000 calories	2400 calories
Male	14-18	2000-2400 calories	2400-2800 calories	2800-3200 calories

*Males: use the lower end of the range if you are younger and use the upper end of the range if you are older

My daily calorie needs: _____

Directions: Now look at the chart below to see how much you need from each food group based on your calorie level. Circle the row with the amounts that you need.

MyPlate Amounts by Calorie Level

Calories	Grains	Vegetables	Fruit	Dairy	Protein
1800	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
2000	6 ounces	2 ½ cups	2 cups	3 cups	5 ½ ounces
2200	7 ounces	3 cups	2 cups	3 cups	6 ounces
2400	8 ounces	3 cups	2 cups	3 cups	6 ½ ounces
2600	9 ounces	3 ½ cups	2 cups	3 cups	6 ½ ounces
2800	10 ounces	3 ½ cups	2 ½ cups	3 cups	7 ounces
3000	10 ounces	4 cups	2 ½ cups	3 cups	7 ounces
3200	10 ounces	4 cups	2 ½ cups	3 cups	7 ounces



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

Plan a Menu for a Day

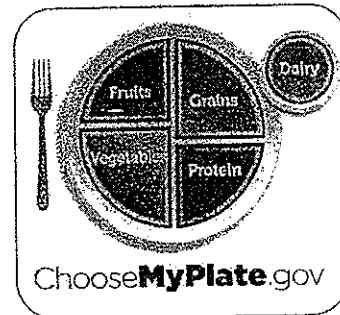
Name _____

Date _____

Directions: Using the "How Much Do I Need" worksheet, fill in how many calories you need daily and how much you need from each food group (or use the standard amount for 2000 calories). Then, in the second table check (✓) off the foods you would eat in order to meet the needs listed in the first table. If you want a larger portion than what is listed, use more than one check (✓) mark. For example if you need to use 2 slice of bread for a sandwich, put two ✓ next to bread.

Calories	Grains	Vegetables	Fruit	Dairy	Protein
2000	6 ounces	2 ½ cups	2 cups	3 cups	5 ½ ounces

Grains	Vegetables
<input type="checkbox"/> 1 slice whole-wheat toast (1 oz. eq.) <input type="checkbox"/> 5 whole-wheat crackers* (1 oz. eq.) <input type="checkbox"/> 1 slice white bread (1 oz. eq.) <input type="checkbox"/> 1 slice of whole-wheat bread (1 oz. eq.) <input type="checkbox"/> 1 cup of whole-grain cereal* (1 oz. eq.) <input type="checkbox"/> ½ cup brown rice (1 oz. eq.) <input type="checkbox"/> 1 cup of noodles (2 oz. eq.) <input type="checkbox"/> 1 a hamburger bun (2 oz. eq.) <input type="checkbox"/> 3 cups of popcorn (1 oz. eq.)	<input type="checkbox"/> 6 baby carrots* (½ cup eq.) <input type="checkbox"/> 1 large ear of corn (1 cup eq.) <input type="checkbox"/> 1 medium baked potato (1 cup eq.) <input type="checkbox"/> 1 cup cooked greens* (1 cup eq.) <input type="checkbox"/> 3 broccoli spears* (1 cup eq.) <input type="checkbox"/> 1 large sweet potato* (½ cup eq.) <input type="checkbox"/> ½ cup vegetable juice (½ cup eq.) <input type="checkbox"/> 1 cup chopped lettuce (½ cup eq.)
Fruit	Dairy
<input type="checkbox"/> 1 small apple (1 cup eq.) <input type="checkbox"/> 1 large orange (1 cup eq.) <input type="checkbox"/> 1 cup of canned peaches (1 cup eq.) <input type="checkbox"/> 1 cup 100% orange juice (1 cup eq.) <input type="checkbox"/> 1 small wedge of watermelon (1 cup eq.) <input type="checkbox"/> 1 medium wedge of cantaloupe (½ cup eq.) <input type="checkbox"/> 1 small boxes of raisins (½ cup eq.)	<input type="checkbox"/> ½ cup low fat cottage cheese (¼ cup eq.) <input type="checkbox"/> 1 cup fat free milk (1 cup eq.) <input type="checkbox"/> 2 oz. of low fat American cheese (1 cup eq.) <input type="checkbox"/> 1 ½ oz of cheddar cheese (1 cup eq.) <input type="checkbox"/> 1 ½ cup of light ice cream (1 cup eq.) <input type="checkbox"/> 1 cup of low fat yogurt (½ cup eq.) <input type="checkbox"/> 1 cup of 1% milk or 2% milk (1 cup eq.)
Protein	
<input type="checkbox"/> 1 oz nuts (2 oz. eq.) <input type="checkbox"/> 1 cup split pea soup (2 oz. eq.) <input type="checkbox"/> 1 small chicken breast half (3 oz. eq.) <input type="checkbox"/> 1 small lean hamburger (3 oz. eq.) <input type="checkbox"/> 1 egg (1 oz. eq.) <input type="checkbox"/> 1 tablespoon peanut butter (1 oz. eq.) <input type="checkbox"/> ¼ cup of black beans (1 oz. eq.) <input type="checkbox"/> 1 slice of turkey (1 oz. eq.)	



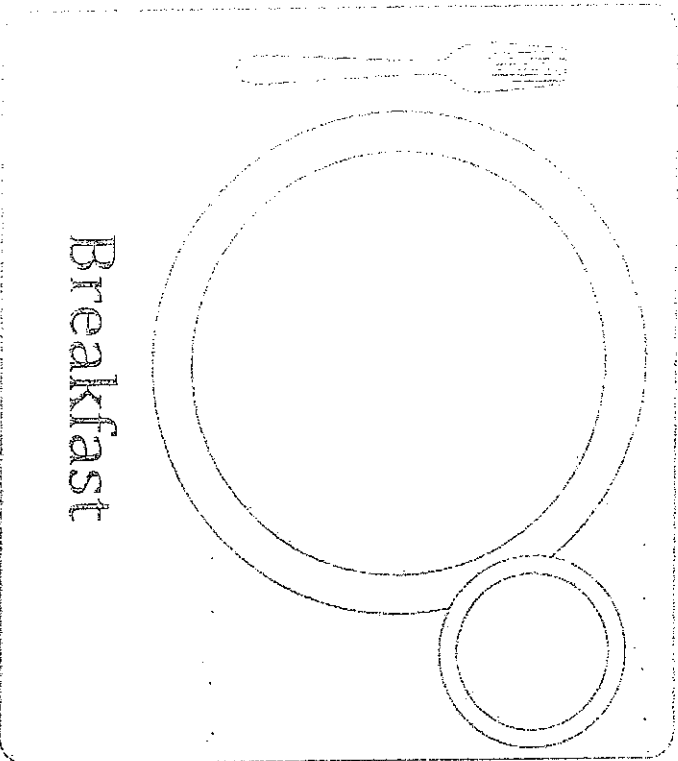
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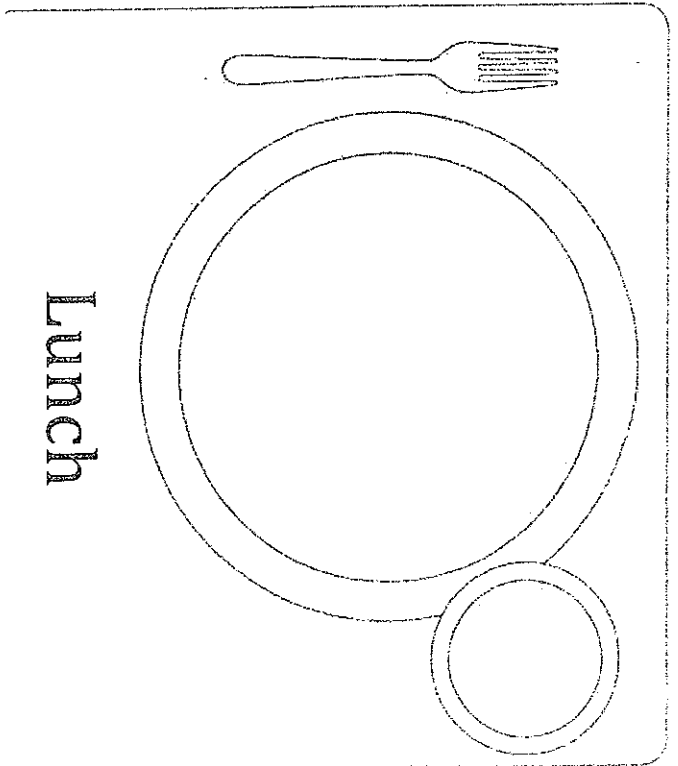
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Pd. _____

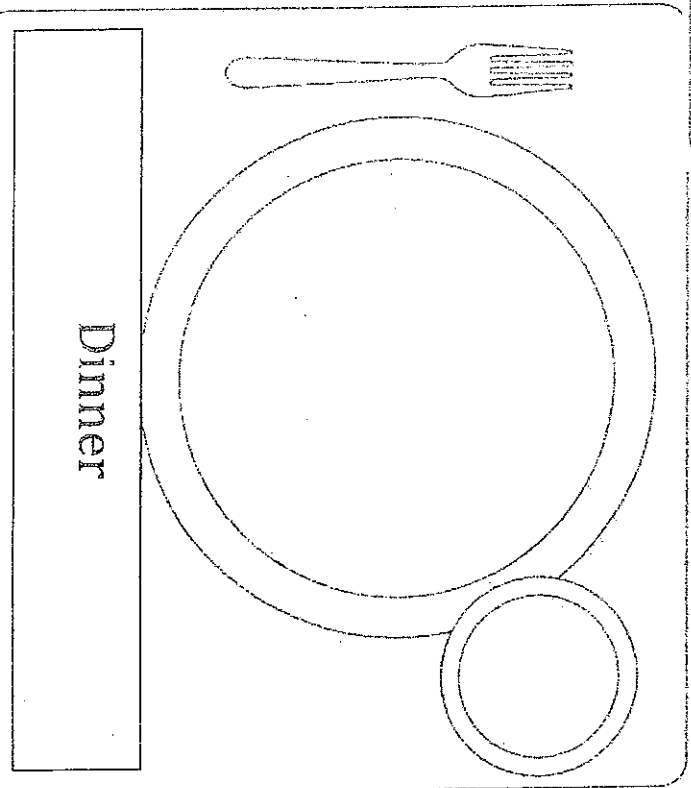
First, divide and label each plate correctly. Second, divide the food items you selected on the previous page into three meals. Write down the food items and serving size in the correct section on the plates below. Be sure to use all of the food items you selected. Then, color your plates. Finally, answer the questions on the back of this paper.



Breakfast



Lunch



Dinner

Snacks
(If there are any food items left)

Who is this menu is recommended for? (gender, calories, activity level, and age)

Plan a menu for a day

Evaluate your Myplate sample menu for a day

1. List all of the things you ate and drank yesterday.

Breakfast:

Lunch:

Dinner:

Snacks:

2. Compare what you ate yesterday to the "Menu for a day" worksheet you just completed. What are two things you can conclude when comparing these two "menus".

a.

b.

3. Based on your answers for #2, identify two specific things you can do to improve your diet.

a.

b.
