What is on Your Plate?

- List the foods you eat for one day and the serving size.
- Using the exchange list, put in the number of servings under the correct food group.
- At the end of the day, total each column. Using "Meal Plan by Calorie" put in the TARGET number of servings for each food group. How close are you?

| | Serving Size | Carbohydrates | | | Vegetables | Meat and Cheese | Fat |
		Bread Cereal Rice Pasta	Fruit	Milk and yogurt			
Breakfast							
Lunch							
Dinner							
Snacks							

Subtotal:							
Total:							
Target:							

Worksheet