

Meal Plan for Women

According to USDA MyPlate Guidelines

Breakfast (pick one from each group)

Grains : 2 slices toast | 3 pancakes | whole English muffin | 2 cups cereal/oatmeal

Protein : 2 egg whites | 2 tbsp peanut butter | ½ cup beans | 2 oz cooked meat

Dairy: 8 oz milk | 3 slices cheese | 1 cup yogurt

Fruit: 1 whole fruit | 8 oz glass 100% fruit juice | 1 cup fruit to add to pancakes/cereal

Lunch (pick one from each group)

Grains: 2 slices whole wheat bread | 1 whole wheat frybread | 2 small tortillas

Protein: 2 slices deli meat | 2 oz cooked meat | 2 tbsp peanut butter | ½ can of tuna

Vegetables: 3 cups leafy greens | 18 baby carrots | 3 stalks celery

Fruit: ½ orange | ½ apple | half cup any whole fruit

Dinner (pick one from each group)

Grains: 2 cups cooked rice | 2 cups cooked pasta

Protein: 3 oz cooked meat | ¾ cup beans

Vegetables: 3 cups leafy greens | 1 ½ cup squash | 1 ½ cup broccoli

Snacks (Twice a day, 1 from each group)

Dairy: 1 cup yogurt | 3 slices cheese

Fruit: ½ orange | ½ apple | ½ cup any fruit | 4 oz 100% fruit juice

Grains: 10 whole wheat crackers | 1 whole wheat frybread

2000 calories

30-60 mins

physical activity

6 ounces whole grains

2 cups fruit

2 1/2 cups

vegetables

3 cups dairy

5 ounces

protein



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Food Plan Worksheet for Women

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 2000 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
	VEGETABLES	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	2½ cups (1 cup is 1 cup raw or cooked vegetables; 2 cups leafy salad greens; or 1 cup 100% vegetable juice)		cups
	FRUITS	Select fresh, frozen, canned, and dried fruit more often than juice	2 cups (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)		cups
	DAIRY	Include fat-free and low-fat dairy foods every day	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)		cups
	PROTEIN FOODS	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	5½ ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds)		ounce equivalents
	PHYSICAL ACTIVITY	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 150 minutes each week.	Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____