

Daily healthy food list

Date _____

Breads and cereals 6-8 servings	1	2	3	4	5	6	7	8
bread, 1-ounce slice								
potato, 1 small								
pasta, ½ cup								
rice, ⅓ cup								
cornbread, 2-by-2-by-1.5-inch square								
dry cereal, 1 ounce (¾ cup)								
cooked cereal, ½ cup								
saltine crackers, 6								
starchy vegetable (corn, peas, etc.), ½ cup								
popcorn, 3 cups, no butter								

Vegetables 4-8 servings	1	2	3	4	5	6	7	8
leafy raw, 1 cup								
cooked, ½ cup								
tomato juice, ¾ cup								

Water 6-8 servings	1	2	3	4	5	6	7	8
1 cup								

Protein 4-7 ounces total	1	2	3	4	5	6	7
lean meat, poultry, or fish, 1 ounce							
tuna, water packed, ¼ cup							
egg whites, 3							
cooked dried beans, ½ cup							

Fats and oils 2-5 servings	1	2	3	4	5
oil, 1 teaspoon					

Fruits 3-4 servings	1	2	3	4
apple or orange, 1 medium				
banana, ½				
grapefruit, ½ medium				
grapes, 13 medium				
raisins, 2 tablespoons				
fruit juice, ½ cup				
chopped, cooked, canned, ½ cup				

Milk and milk substitutes 2-3 servings (post-menopausal women need 3 servings)	1	2	3
fat-free milk, 1 cup			
fat-free yogurt, 8 ounces			
fat-free or reduced-fat cheese, 1½ ounces			
cottage cheese, ½ cup			

Sweets 75 calories maximum	1	2	3
1 teaspoon sugar (20 calories)			

To figure your approximate daily intake of calories, multiply your total servings by each number indicated.

Grains=80 calories _____
 Veg.=25 calories _____
 Fruits=80 calories _____
 Dairy=90 calories _____
 Protein=55 calories _____
 Fats=45 calories _____

TOTAL _____