

Food Groups and Calories Report 06/10/13 - 06/10/13

Your plan is based on a default **2000 Calorie** allowance.

| Food Groups | Target | Average Eaten | Status |
|-----------------------|----------------------|----------------------|--------------------|
| Grains | 6 ounce(s) | 6 ounce(s) | OK |
| Whole Grains | ≥ 3 ounce(s) | 1½ ounce(s) | Under |
| Refined Grains | ≤ 3 ounce(s) | 4½ ounce(s) | Over |
| Vegetables | 2½ cup(s) | 2½ cup(s) | OK |
| Dark Green | 1½ cup(s)/week | ½ cup(s) | Under |
| Red & Orange | 5½ cup(s)/week | ¾ cup(s) | Under |
| Beans & Peas | 1½ cup(s)/week | 0 cup(s) | Under |
| Starchy | 5 cup(s)/week | ½ cup(s) | Under |
| Other | 4 cup(s)/week | ½ cup(s) | Under |
| Fruits | 2 cup(s) | 1¼ cup(s) | Under |
| Whole Fruit | No Specific Target | ¾ cup(s) | No Specific Target |
| Fruit Juice | No Specific Target | ¼ cup(s) | No Specific Target |
| Dairy | 3 cup(s) | 3¼ cup(s) | OK |
| Milk & Yogurt | No Specific Target | 3¼ cup(s) | No Specific Target |
| Cheese | No Specific Target | 0 cup(s) | No Specific Target |
| Protein Foods | 5½ ounce(s) | 6 ounce(s) | OK |
| Seafood | 8 ounce(s)/week | 0 ounce(s) | Under |
| Meat, Poultry & Eggs | No Specific Target | 6 ounce(s) | No Specific Target |
| Nuts, Seeds & Soy | No Specific Target | 0 ounce(s) | No Specific Target |
| Oils | 6 teaspoon | 5 teaspoon | Under |
| Limits | Allowance | Average Eaten | Status |
| Total Calories | 2000 Calories | 2510 Calories | Over |
| Empty Calories* | ≤ 258 Calories | 877 Calories | Over |
| Solid Fats | * | 322 Calories | * |
| Added Sugars | * | 555 Calories | * |

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.