

View by Meal

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Meals at a glance! See the food group amounts eaten at each meal.

Your Day

Breakfast Totals	Lunch Totals	Dinner Totals	Snack Totals
Grains 2 oz.	Grains 2½ oz.	Grains 1½ oz.	Grains 0 oz.
Vegetables 0 cup(s)	Vegetables ¾ cup(s)	Vegetables 2¾ cup(s)	Vegetables 0 cup(s)
Fruits ¾ cup(s)	Fruits ¼ cup(s)	Fruits 0 cup(s)	Fruits 0 cup(s)
Dairy 1 cup(s)	Dairy 1¾ cup(s)	Dairy 1 cup(s)	Dairy 0 cup(s)
Protein Foods 0 oz.	Protein Foods 3 oz.	Protein Foods 2½ oz.	Protein Foods 0 oz.
Oils 0 tsp.	Oils 2 tsp.	Oils 4 tsp.	Oils 0 tsp.
Breakfast 1½ cup Life Cereal (plain or cinnamon) 2 ounce(s) Grains 1 cup Milk, low fat (1%) 1 cup(s) Dairy 1 medium (7" to 7-7/8" long) Banana, raw ¾ cup(s) Fruits	Lunch 1 Wendy's sandwich Grilled chicken sandwich, with lettuce, tomato, and non-mayonnaise type spread (Wendy's) 2½ ounce(s) Grains ¼ cup(s) Vegetables 3 ounce(s) Protein Foods 2 teaspoon Oils 1 small fast food order French fries, frozen, deep fried (fast food fries) ½ cup(s) Vegetables 2 cup Fruit flavored drink, high vitamin C (Fruit Punch, Tropicana Twister Lemonade, Minute Maid Orange Drink) ¼ cup(s) Fruits 1 medium shake (20 fl oz) Milk shake, fast food or carry-out, chocolate 1¾ cup(s) Dairy 1 teaspoon Oils	Dinner 1½ cup Beef and broccoli stir fry 1 cup(s) Vegetables 2½ ounce(s) Protein Foods 2 teaspoon Oils 1 medium roll (2-1/2" across) Roll, wheat or cracked wheat 1½ ounce(s) Grains 1 cup Milk, low fat (1%) 1 cup(s) Dairy 1 cup Salad, garden, lettuce, tomato, carrots, no dressing ½ cup(s) Vegetables 1 cup Potato salad, with creamy dressing (Ranch dressing) 1¼ cup(s) Vegetables 2 teaspoon Oils	Snack

Food Groups	My Plan Target	Eaten	How Did I Do?
Grains	6 oz. per day	6 oz.	OK
Vegetables	2½ cup(s) per day	3½ cup(s)	Over
Fruits	2 cup(s) per day	1¼ cup(s)	Under
Dairy	3 cup(s) per day	3¾ cup(s)	Over
Protein Foods	5½ oz. per day	6 oz.	OK
Oils	6 tsp. per day	6 tsp.	OK

Limits	My Plan Allowance	Eaten	Status
Total Calories	2000 per day	2763	Over
■ Empty Calories*	■ ≤ 258 per day	■ 893	Over
■ Solid Fats	*	■ 333 Calories	*
■ Added Sugars	*	■ 560 Calories	*
■ Saturated Fat	< 22 g per day	27 g	Over
■ Sodium**	< 2300 mg per day	3688 mg	Over

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

**If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

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