







Name: _____

Make a Balanced Daily Menu

Write out a daily menu you would enjoy. Research how much of each food you can eat to fulfill the daily requirements for a 2,000 calorie-a-day diet. An average 2,000 calorie-a-day diet requires: 6 ounces grains, 2 cups vegetables, 2 ½ cups fruit, 7 teaspoons oil, 3 cups milk, 5 ½ ounces meat & beans. Or, go to www.mypyramid.gov to determine your personal calorie count, and use that to create your menu.

Meal	 Grains	 Vegetables	 Fruits	 Oil	 Diary	 Meat & Beans
Breakfast						
Lunch						
Dinner						
Snack						