

MyPlate Worksheet

Meal Type

A day on the plate of Sample

Breakfast	 <u>1% milk</u>	 <u>Cherrios</u>	 <u>Banana</u>	<u>Coffee</u>	<u>Water</u>
Morning Snack	 <u>Greek Yogurt</u>	 <u>Frozen Blueberries</u>	<u>Water</u>		
Lunch	 <u>3 slices of ham</u>	 <u>2 slices of WG bread</u>	 <u>Lettuce & Tomatoes</u>	 <u>Baby Carrots</u>	<u>Water</u>
Afternoon Snack	 <u>Apples</u>	 <u>Peanut Butter</u>	 <u>Celery</u>	<u>Water</u>	
Dinner	 <u>Low-Fat Alfredo</u>	 <u>Grilled Chicken</u>	 <u>Whole grain noodles</u>	<u>Iced Tea</u>	

Physical Activity: Walked my dog

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Meal Type

A day on the plate of _____

Breakfast	_____	_____	_____	_____	_____
Morning Snack	_____	_____	_____	_____	_____
Lunch	_____	_____	_____	_____	_____
Afternoon Snack	_____	_____	_____	_____	_____
Dinner	_____	_____	_____	_____	_____

Physical Activity: _____