Extension Nutrition Connections

My Personal Plate

Based on the foods you ate; place the foods you ate and the amount under the correct group. For example, list whole grain bread under Grains.

Total Calories _____

Fruits

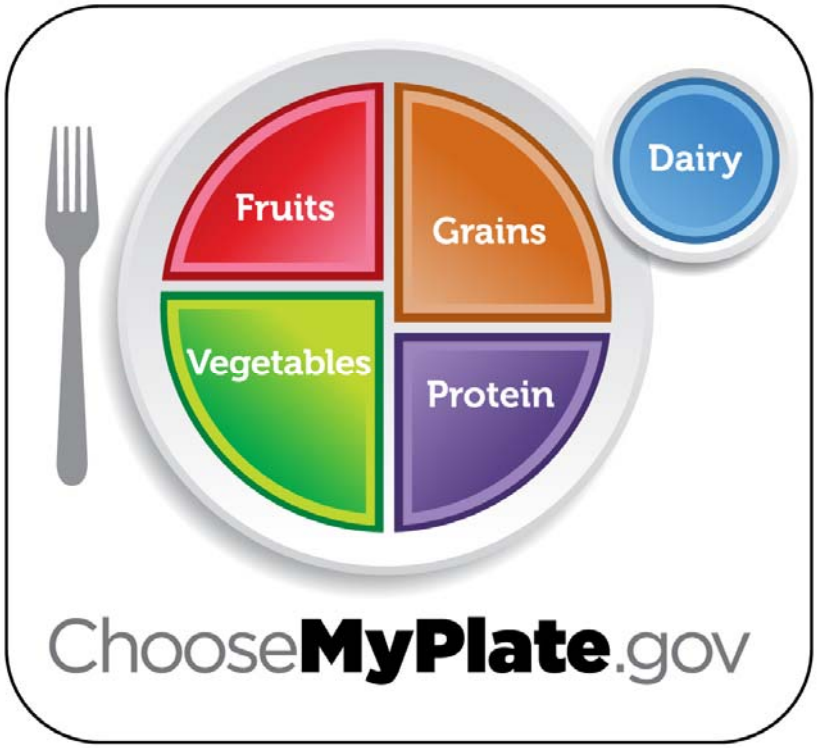
Food	Amount

Total cups/oz. _____
Recommended: _____

Vegetables

Food	Amount

Total cups/oz. _____
Recommended: _____



Other Foods

Food	Amount

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Dairy

Food	Amount

Total cups/oz. _____
Recommended: _____

Grains

Food	Amount

Total cups/oz. _____
Recommended: _____

Protein

Food	Amount

Total cups/oz. _____
Recommended: _____