



STUDENT HEALTH &  
WELLNESS SERVICES

# Your Goals Your Plate

## Directions

1. Think about everything you ate or drank in the last 24 hours.
2. Fill in the name of the food or drink (including snacks, water, etc.) and how many servings you ate. For a quick guide on determining the number of servings, refer to page 3. Add up the total servings you consumed for each food group (each column).
3. Review the chart on page 4. Compare the number of servings you consumed in each food group to the number recommended by the United States Department of Agriculture.
4. Based on this comparison, create 3 SMART (specific, measurable, achievable, realistic, timely) goals to meet the recommendations of the USDA.



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# 24 Hour Recall

Date: \_\_\_\_\_


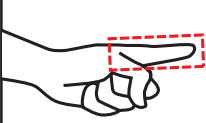



















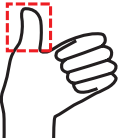
Day of the Week: \_\_\_\_\_

### Amount of Each Group

Food and Drink Consumed	Dairy	Protein	Fruits	Veggie	Grains	water	Extra
<i>ex. oatmeal</i>	1 c		1/2 c		1/2 c		154 calories
<b>TOTALS</b>							
<i>My Personal Recommendations based on Gender and Age (Refer to Page 4)</i>	<b>3c</b>	<b>5 1/2 oz</b>	<b>2c</b>	<b>2 1/2 c</b>	<b>6 oz</b>	<b>6 tsp</b>	<b>≤245 calories</b>
<b>MET RECOMMENDATIONS</b>							

Extras include miscellaneous foods that can't be categorized into a food group. Examples include: sweets, soda, oils.

# Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
<b>Dairy: Milk, Yogurt, Cheese</b>			
Cheese (string cheese)	 	Pointer finger	1½ ounces
Milk and yogurt (glass of milk)	 	One fist	1 cup
<b>Vegetables</b>			
Cooked carrots	 	One fist	1 cup
Salad (bowl of salad)	 	Two fists	2 cups
<b>Fruits</b>			
Apple	 	One fist	1 medium
Canned peaches	 	One fist	1 cup
<b>Grains: Breads, Cereals, Pasta</b>			
Dry cereal (bowl of cereal)	 	One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)	 	Handful	½ cup
Slice of whole-wheat bread	 	Flat hand	1 slice
<b>Protein: Meat, Beans, Nuts</b>			
Chicken, beef, fish, pork (chicken breast)	 	Palm	3 ounces
Peanut butter (spoon of peanut butter)	 	Thumb	1 tablespoon



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# Servings by Gender and Age

## Daily Recommendations

*\*these are general recommendations by age*

	Age	Fruits	Vegetables	Total Grains in ounce - equivalents	Whole Grains in ounce - equivalents	Protein	Dairy
<b>Women</b>	19-30 yrs	1 1/2 to 2 cups	2 1/2 to 3 cups	6 to 8 oz-equiv	3 to 4 oz-equiv	5 to 6 1/2 oz-equiv	3 cups
	31-59 yrs	1 1/2 to 2 cups	2 to 3 cups	5 to 7 oz-equiv	3 to 3 1/2 oz-equiv	5 to 6 oz-equiv	3 cups
	60+ yrs	1 1/2 to 2 cups	2 to 3 cups	5 to 7 oz-equiv	3 to 3 1/2 oz-equiv	5 to 6 oz-equiv	3 cups
<b>Men</b>	19-30 yrs	2 to 2 1/2 cups	3 to 4 cups	8 to 10 oz-equiv	4 to 5 oz-equiv	6 1/2 to 7 oz-equiv	3 cups
	31-59 yrs	2 to 2 1/2 cups	3 to 4 cups	7 to 10 oz-equiv	3 1/2 to 5 oz-equiv	5 to 6 oz-equiv	3 cups
	60+ yrs	2 to 2 1/2 cups	3 to 4 cups	6 to 9 oz-equiv	3 to 4 1/2 oz-equiv	6 to 7 oz-equiv	3 cups

*(Source: USDA MyPlate: myplate.gov)*

### For more information visit:

Fats: <https://www.myplate.gov/tip-sheet/rethink-fats>

Sodium: <https://www.myplate.gov/tip-sheet/be-salt-smart>

Added Sugars: <https://www.myplate.gov/tip-sheet/cut-back-added-sugars>



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# Goals and Resources

**Goals:** Create 3 goals to improve your nutrient intake.  
Goals should be SMART (specific, measurable, achievable, realistic, timely)  
ex: *"I will eat 2 servings of fruit with breakfast every weekday."*

**Goal 1:**

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**Goal 2:**

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**Goal 3:**

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**Resources:**

Now that you've created your goals, let's achieve them. We can help! Schedule a nutrition coaching session with the Bronco Wellness Center here:

<https://www.cpp.edu/health/wellness-center/one-on-one-zoom-educationsession.shtml>

USDA MyPlate: <https://www.myplate.gov/>