

Lesson #3

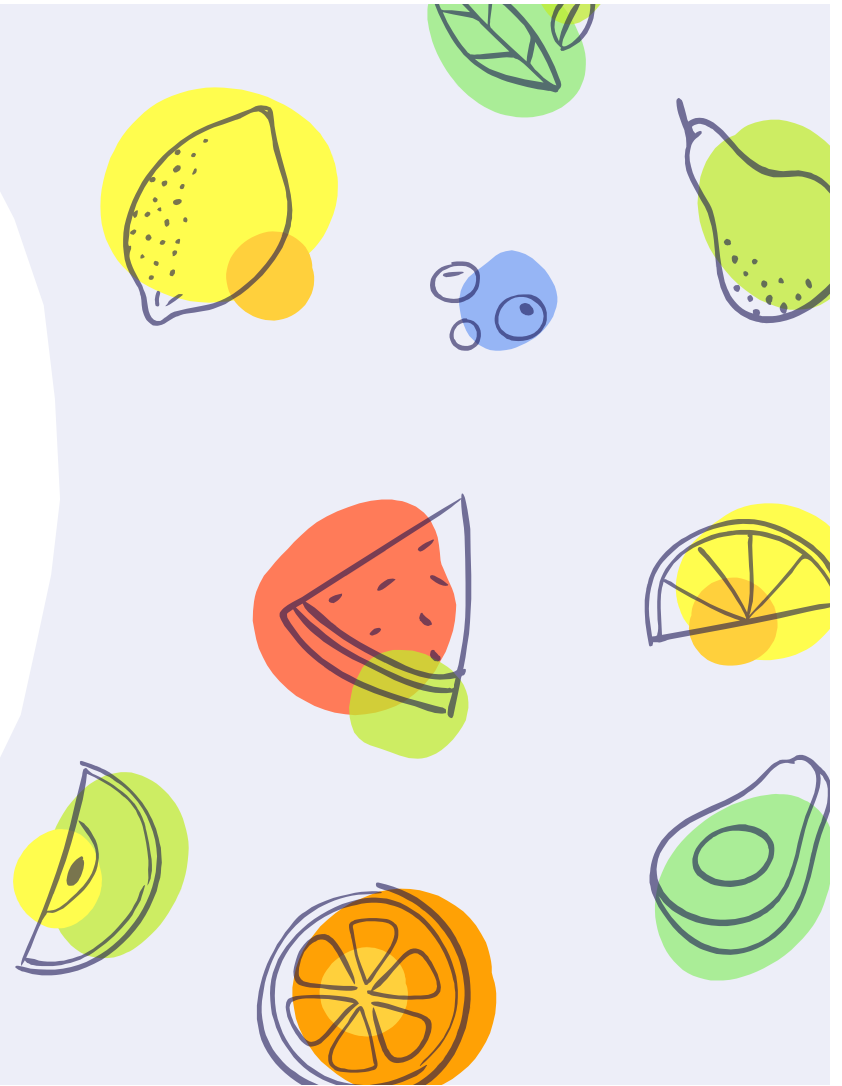
My Plate

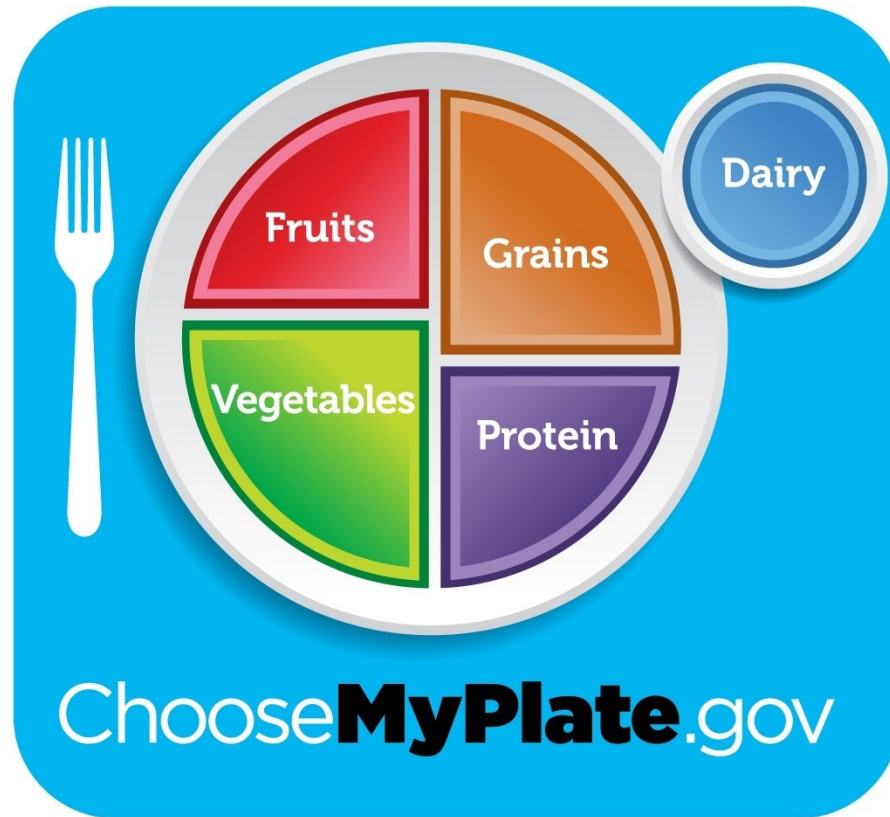


QUIZ!

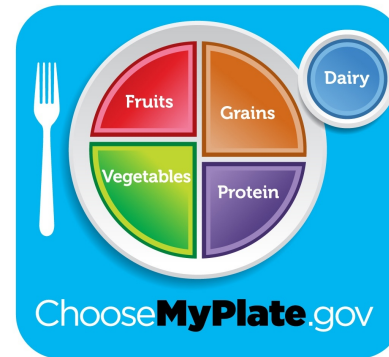
Let's Review

What are the 5 Food Groups?





- × MyPlate helps build a **healthy plate**. The plate shows the five food groups: Fruits, Vegetable, Grains, Protein and Dairy that you **should eat in every meal**.



Video 1





Video 2





How many calories
should I eat a day?

Dietary Guidance +

Lifecycle Nutrition +

Diet and Health +

Surveys, Reports and Research +

Food Composition +

Professional and Career Resources +

Food Safety +

Dietary Supplements +

Food Labeling +

Nutrition Assistance Programs +

FNIC Frequently Asked Questions

[Home](#) » [Information Centers](#) » [Food and Nutrition Information Center](#) » DRI Calculator for Healthcare Professionals

DRI Calculator for Healthcare Professionals

This tool will calculate daily nutrient recommendations based on the Dietary Reference Intakes (DRIs) established by the Health and Medicine Division of the National Academies of Sciences, Engineering and Medicine. The data represents the most current scientific knowledge on nutrient needs however individual requirements may be higher or lower than DRI recommendations.

By entering height, weight, age, and activity level, you will generate a report of; Body Mass Index, estimated daily calorie needs in addition to the recommended intakes of macronutrients, vitamins, and minerals based on DRI data.

To begin, enter the following data:

Gender
☐ Male ☒ Female

Age
35 ☒ years ☐ months

Pregnant or Lactating?
Not Pregnant or Lactating

Height
feet: 5 inches: 4

Height is not required for children under the age of three years.

Weight
pounds: 200

Activity Level
Low Active

Activity level is not required for children under the age of three years.

[Clear form](#)

Report in units:
☒ Standard
☐ Metric



You entered:

Gender	Female
Age	35 yrs
Height	5 ft. 4 in.
Weight	200 lbs.
Activity level	Low Active
Pregnancy/Lactation status	Not Pregnant or Lactating

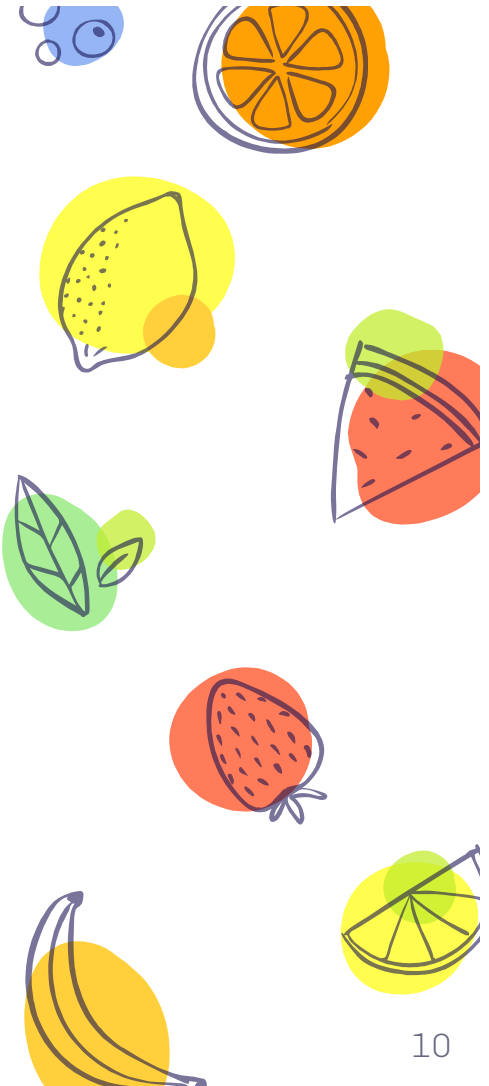
SAMPLE


[Begin New Calculation](#)

Results:

Body Mass Index (BMI) ⓘ	34.2
Estimated Daily Caloric Needs	2391 kcal/day


What is your estimated daily caloric needs?

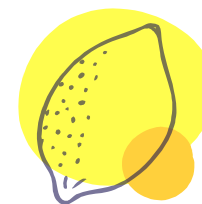


The background is a solid orange color. It is decorated with white line art illustrations of various fruits and a rocket. The fruits include a whole apple, a slice of watermelon, a slice of orange, a whole orange, a banana, a strawberry, a pear, a lemon, and a kiwi. There are also three small stars and a rocket ship. The text is centered in a dark blue rectangular box.

How much of each food
group should I eat a day?

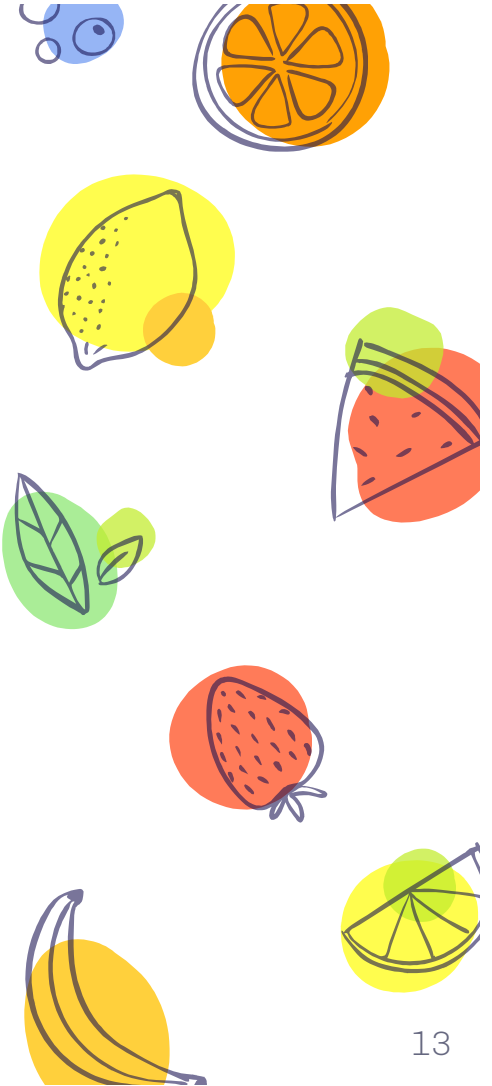
RECOMMENDED DAILY CALORIC INTAKE

	1,800cal	2,000cal	2,200cal	2,400cal	2,600cal	2,800cal
 Fruits	1 ½ cups	2 cups	2 cups	2 cups	2 cups	2 ½ cups
 Vegetables	2 ½ cups	2 ½ cups	3 cups	3 cups	3 ½ cups	3 ½ cups
 Grains	6 ounces	6 ounces	7 ounces	8 ounces	9 ounces	10 ounces
 Protein	5 ounces	5 ½ ounces	6 ounces	6 ½ ounces	6 ½ ounces	7 ounces
 Dairy	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups






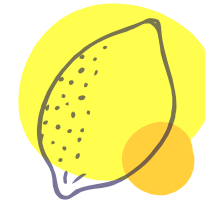
How much of each food group should I eat a day?

- × Fruits =
- × Vegetables =
- × Grains =
- × Protein =
- × Daily =



RECOMMENDED DAILY CALORIC INTAKE

	1,800cal	2,000cal	2,200cal	2,400cal	2,600cal	2,800cal
 Sodium	2,300 milligrams	2,300 milligrams	2,200 milligrams	2,200 milligrams	2,200 milligrams	2,200 milligrams
 Saturated Fat	20 grams	22 grams	24 grams	27 grams	29 grams	31 grams
 Added Sugars	45 grams	50 grams	55 grams	60 grams	65 grams	70 grams



EXAMPLES OF 1 CUP OF FRUIT



1 small apple



1 large banana



1 small
watermelon wedge



8 strawberries

EXAMPLES OF ½ CUP OF FRUIT



1 small orange



16 grapes

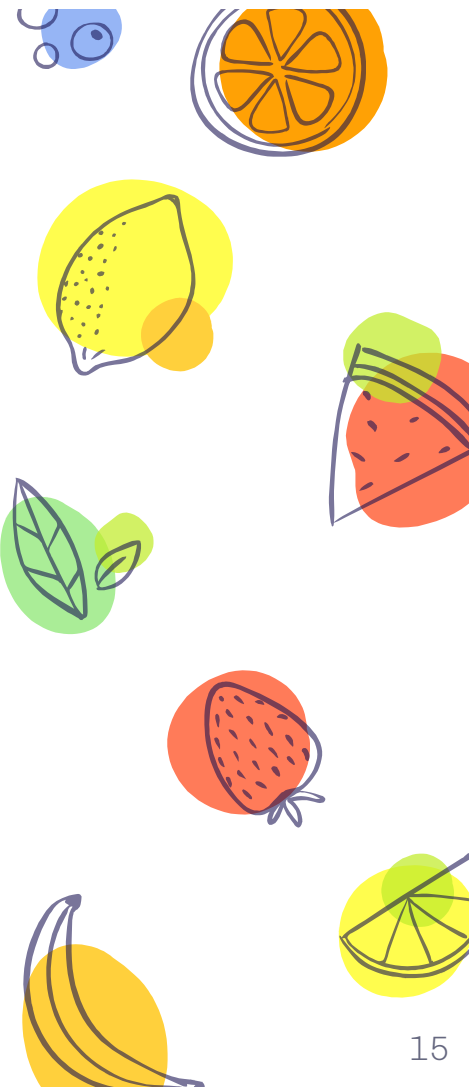


1 small peach



1 large plum

PHOTOS BY ISTOCK



Example of 1 cup of vegetables



2 cups of leafy greens like raw spinach
counts as 1 cup



1 large sweet potato counts as 1 cup



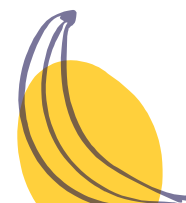
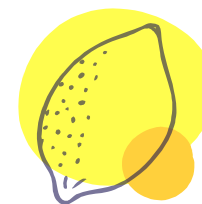
12 baby carrots count as 1 cup



1 cup of cooked black beans counts as
1 cup



1 cup of cooked vegetables like green
beans counts as 1 cup



Example of 1 cup of grains



1 small 6" tortilla



1/2 cup of cooked cereal, such as oatmeal



1/2 cup of cooked pasta or rice



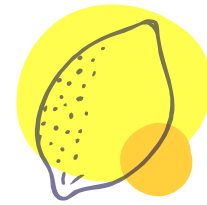
1 cup of dry cereal



1 slice of bread



3 cups of popped popcorn



Example of 1 ounce of protein



1 tablespoon of peanut butter = 1 ounce



1 whole egg = 1 ounce



3 thin slices of deli meat = 1 ounce



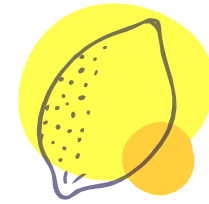
1/4 cup cooked beans = 1 ounce



1 small, cooked chicken breast = 3 ounces



1 small hamburger = 3 ounces





Let's use our hands to
help measure

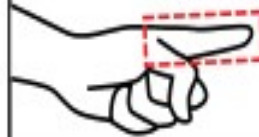
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Video 3



Milk & Milk Products

Cheese
(string cheese)



Pointer finger

1½ ounces

Milk and yogurt
(glass of milk)



One fist

1 cup

Vegetables

Cooked carrots



One fist

1 cup

Salad
(bowl of salad)



Two fists

2 cups

Fruits

Apple



One fist

1 medium

Canned peaches



One fist

1 cup

Grains, Breads & Cereals

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

Meat, Beans & Nuts

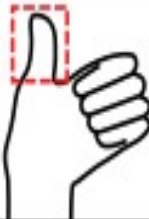
Chicken, beef, fish, pork
(chicken breast)



Palm

3 ounces

Peanut butter
(spoon of peanut butter)



Thumb

1 tablespoon

Video 4



Lesson Checklist

- ☐ Remember the 5 Food Groups: Fruits, Vegetables, Grains, Protein, and Dairy.
- ☐ Find out your recommended daily caloric needs.
- ☐ Write down how much of each food group you should eat every day.
- ☐ Use Exercise Log Sheet to track this week's exercise.
- ☐ Record this week's weight.

