

The background of the slide is decorated with various hand-drawn illustrations of fruits and vegetables. These include a blueberry cluster in the top left, an orange slice at the top center, a green leaf at the top center, a watermelon slice at the top right, a lime at the top right, a lemon at the middle left, a green leaf at the middle left, an avocado at the middle right, a lemon slice at the middle right, a strawberry at the bottom left, a banana at the bottom center, a lime slice at the bottom center, an orange at the bottom right, and a cherry at the bottom right.

# Lesson #4

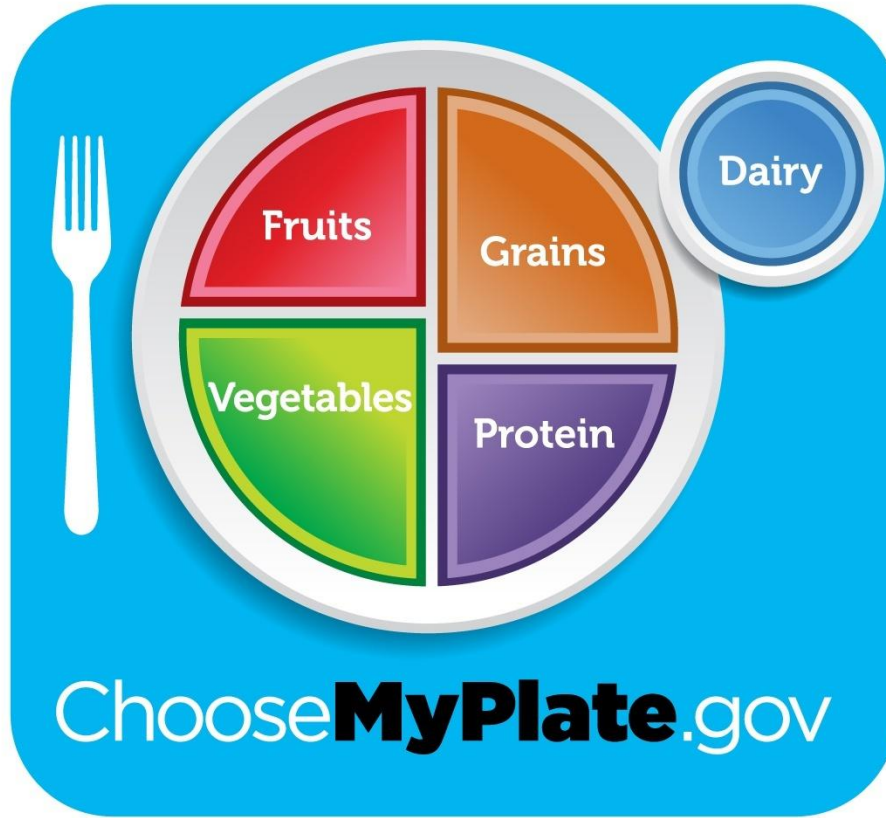
## Daily Calories and MyPlate



Let's Review

**What are the 5  
Food Groups?**



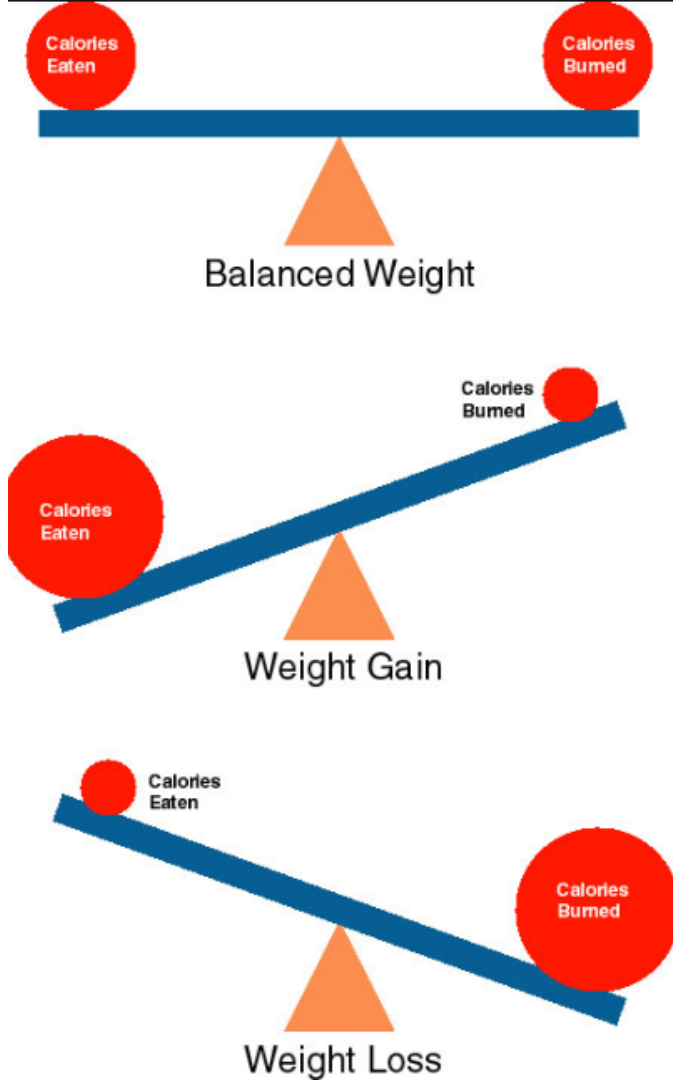
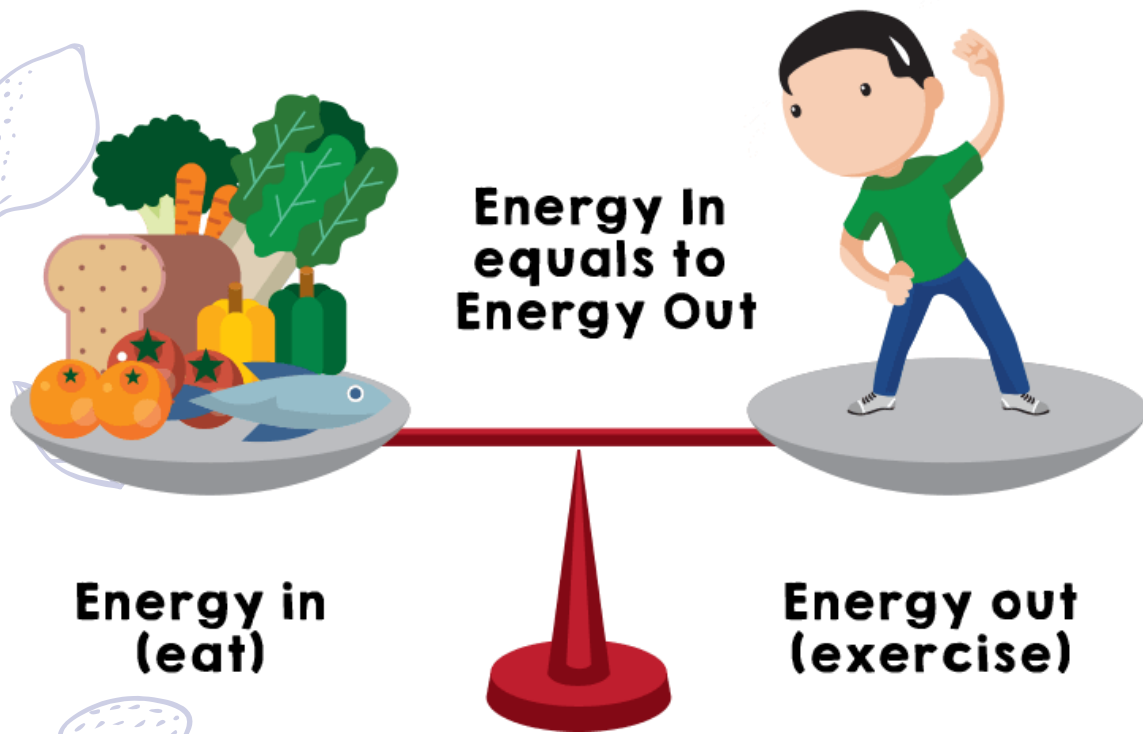




What is a calorie?

Video 1







How many calories  
should I eat a day?

Video 2







[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

☒ years ☐ months

Pregnant or Lactating?

▼

Height

feet:  inches:

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

Weight

pounds:

Activity Level ⓘ

▼

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

[Clear form](#)

Report in units:

☒ Standard

☐ Metric

Click here



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

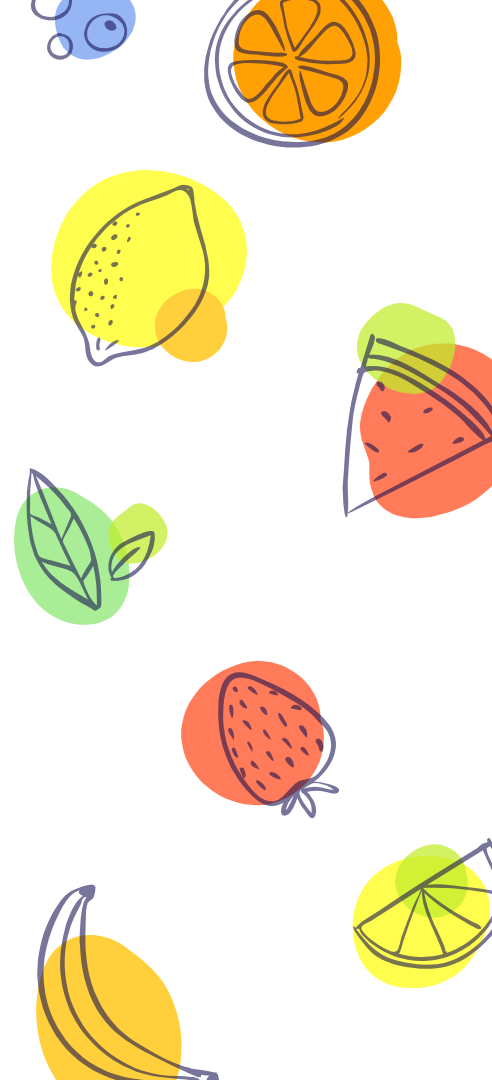
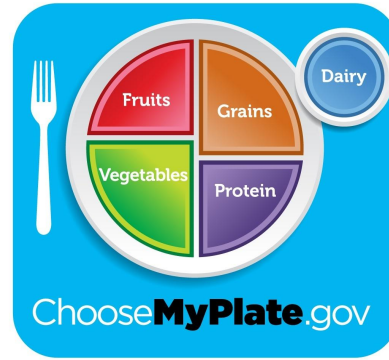
What is your estimated daily caloric needs?





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

- × 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 3



The background is a solid orange color. Scattered around the central text are various white line-art illustrations of fruits and vegetables, including a lemon slice, a kiwi, a watermelon slice, a pear, a strawberry, a banana, a cherry, and several leaves.

Here is another way to  
think about MyPlate

Video 4





# Lesson 4 Checklist

- ☐ Remember the 5 Food Groups: Fruits, Vegetables, Grains, Protein, and Dairy.
- ☐ Find out your recommended daily caloric needs.
- ☐ Write down some changes you have made so far to live healthy.
- ☐ Use Exercise Log Sheet to track this week's exercise.
- ☐ Record this week's weight.

