

Here is an example of a girl who is eating 1,800 calories per day:

DAILY SERVING CHECKLIST

Protein – 2–3 servings/5 ½–6 ounces	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.
Grains – 6 servings/ounces	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.	<input type="checkbox"/> oz.
Dairy – 3 servings/cups	<input type="checkbox"/> cup	<input type="checkbox"/> cup	<input type="checkbox"/> cup			
Veggies – 2–3 servings/cups	<input type="checkbox"/> cup	<input type="checkbox"/> cup	<input type="checkbox"/> cup			
Fruit – 2 servings/cups	<input type="checkbox"/> cup	<input type="checkbox"/> cup				
Added Fats – no more than 5 teaspoons	<input type="checkbox"/> tsp.	<input type="checkbox"/> tsp.	<input type="checkbox"/> tsp.	<input type="checkbox"/> tsp.	<input type="checkbox"/> tsp.	

☆ **BREAKFAST:** 1 7" banana (100 calories of fruit), ½ cup of oatmeal (150 calories of grains) with 1 tablespoon of sugar (30 calories), topped with 17 almonds (1 oz., 120 calories of protein), 1 cup of 2 percent milk (130 calories of dairy) **Total: 530 calories, 1 fruit, 1 grains, 1 protein, 1 dairy**

☆ **SNACK:** 5 whole-wheat crackers (50 calories of grains), 1 ounce of cheese (100 calories of dairy) **Total: 150 calories, 1 grains, 1 dairy**

☆ **LUNCH:** 2 pieces of wheat bread (120 calories of grains), 3 turkey sandwich slices (2.5 oz., 75 calories of protein), 1 teaspoon of mayonnaise (33 calories of added fats), 1 tablespoon of mustard (14 calories), 1 small apple (65 calories of fruit), 1 cup of 2 percent milk (130 calories of dairy) **Total: 450 calories, 2 grains, 2.5 protein, 1 added fat, 1 fruit, 1 dairy**

☆ **SNACK:** 12 baby carrots (50 calories of veggies), 1 tablespoon of natural peanut butter (.5 oz., 100 calories of protein) **Total: 150 calories, 1 veggie, .5 protein**

☆ **DINNER:** 3 oz. of skinless, baked chicken (100 calories of protein), ½ cup cooked brown rice (120 calories of grains), 1 cup of steamed spinach (10 calories of veggies), 1 sweet potato (100 calories of veggies), 1 piece of wheat bread (60 calories of grains), 1 cup of 2 percent milk (130 calories of dairy) **Total: 520 calories, 3 protein, 2 grains, 2 veggie, 1 dairy**

See? When you plan properly, eating all your daily servings within 1,800 calories a day isn't a problem!

