



My Nutrition Tracker

Name: _____ Healthcare Provider: _____

Phone: _____ Healthcare Provider Phone: _____

CALORIES NEEDED DAILY _____

(Varies with age, gender and activity level. Ask your healthcare provider for help with this.)

DASH EATING PLAN¹

Food Group	Serving Size	Daily Calorie Limit: # of Servings Needed Daily
GRAINS (choose whole wheat when possible)	1 slice bread 1 ounce dry cereal (check label for cup amount) ½ cup cooked rice, pasta or cereal	1600 calories – 6 2000 calories – 6-8 2600 calories – 10-11 3100 calories – 12-13
VEGETABLES (aim for a variety of colors)	1 cup raw leafy vegetables ½ cup cut-up raw or cooked vegetables, ½ cup vegetable juice	1600 calories – 3-4 2000 calories – 4-5 2600 calories – 5-6 3100 calories – 6
FRUITS (choose a variety of colorful fruits)	1 medium fresh fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit ½ cup 100% fruit juice	1600 calories – 4 2000 calories – 4-5 2600 calories – 5-6 3100 calories – 6
MILK/DAIRY (low-fat or fat-free options)	1 cup milk or yogurt 1½ ounces cheese	1600 calories – 2-3 2000 calories – 2-3 2600 calories – 3 3100 calories – 3-4
LEAN MEAT, POULTRY, FISH, EGGS	1 ounce cooked meats, poultry or fish 1 egg (limit yolks to 4/week) 2 egg whites = 1 ounce meat	1600 calories – 3-6 2000 calories – 6 or less 2600 calories – 6 3100 calories – 6-9
NUTS, LEGUMES, SEEDS	1/3 cup or 1½ ounces nuts 2 Tbsp peanut butter 2 Tbsp or ½ ounce seeds ½ cup cooked legumes (dried beans, peas)	1600 calories – 3/week 2000 calories – 4-5/week 2600 calories – 1 3100 calories – 1
FATS AND OILS	1 tsp soft margarine or vegetable oil 1 Tbsp mayonnaise 2 Tbsp regular salad dressing (1 Tbsp fat-free dressing = 0 servings)	1600 calories – 2 2000 calories – 2-3 2600 calories – 3 3100 calories – 4
SWEETS/ ADDED SUGARS	1 Tbsp sugar 1 Tbsp jam ½ cup sorbet, gelatin dessert 1 cup lemonade	1600 calories – 0 2000 calories – 0-1 2600 calories – 2 or less 3100 calories – 2 or less