

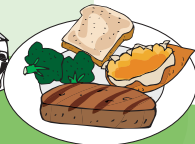
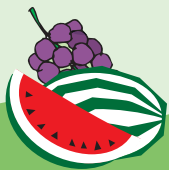
# How Do You Power Up?

Put a check in each box for every healthy choice you make

For an 1,800-calorie diet\*, you need the amounts shown from each food group. To find the amounts that are right for you, go to **MyPyramid.gov**.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Grains</b> Half of the grains I ate today were whole grains (you need three 1-oz. servings daily).							
<b>Vegetables</b> I put color on my plate with vegetables – enough to equal 2 1/2 cups.							
<b>Fruits</b> I chose fruit for dessert or a snack – enough to equal 1 1/2 cups.							
<b>Milk</b> I got my calcium with 3 cups of lowfat milk, cheese or yogurt.							
<b>Meat &amp; Beans</b> I got my protein with 5 oz. of lean meat (nuts and beans count too).							
<b>Get Movin'!</b> I was physically active for a total of 60 minutes.							

\*Average recommended daily intake for 9-12 year old boys and girls.



For more nutrition and lean beef recipes, visit [zip4twins.com](http://zip4twins.com)