



# Enjoy Foods From All 5 Food Groups

- ▶ Numbered circles indicate recommended daily amounts
- ▶ White circles indicate additional amounts you might consume
- ▶ Review your weekly tracker

If your food group intake is low in some groups, try gradually increasing intake within those groups to come closer to meeting all guideline recommendations before enjoying additional servings.

Eating the nutrient-rich way means making foods and beverages from the five basic food groups the foundation of your eating plan to come closer to meeting Bermuda Daily Dietary Guidelines. Use this weekly tracker to help evaluate and adjust what you eat to meet the guideline recommendations for each food group:

- ▶ Mark a circle to track the amount of food you eat from each food group, daily

FOOD GROUPS	EACH NUMBERED CIRCLE REPRESENTS
<b>Grains/ Starches</b>	▶ 1 slice of bread, 1 cup dry cereal, or ½ cup cooked cereal, pasta or rice
<b>Calcium Rich Alternatives or Low Fat Dairy</b>	▶ 1 cup milk or yogurt, or 1 ½ ounces natural cheese
<b>Vegetables</b>	▶ ½ cup most vegetables, or 1 cup leafy greens
<b>Fruits</b>	▶ ½ cup fruit or 100% fruit juice, or ¼ cup dried fruit
<b>Meat/Meat Alternatives</b>	▶ 1 ounce meat, poultry or fish, 1 egg, 1 ounce nuts, 2 tablespoons peanut butter, or ½ cup cooked beans

Adapted from the NRF Weekly Tracker

**FOOD GROUPS**

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>STARCHES/GRAINS</b> (in ounces)	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●
<b>CALCIUM RICH ALTERNATIVES or LOW FAT DAIRY</b> (in cups)	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●
<b>VEGETABLES</b> (in cups)	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●	1 2 3 ● ●
<b>FRUITS</b> (in cups)	1 2 ● ●	1 2 ● ●	1 2 ● ●	1 2 ● ●	1 2 ● ●	1 2 ● ●	1 2 ● ●
<b>MEAT/ MEAT ALTERNATIVES</b> (in ounces)	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●	1 2 3 4 5 6 ● ●
<b>OTHERS</b>	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●	● ● ● ●

Shop the perimeter of the grocery store for nutrient-rich foods and beverages.

