

## FOOD PYRAMID MENU EVALUATION SHEET

Location: \_\_\_\_\_

Date of Review: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GRAINS</b> (6 or more servings per day) Breads, cereals, rice, and pasta							
<b>VEGETABLES</b> (3 or more servings per day) Includes potatoes and corn. ½ cup cooked or raw, 1 cup raw leafy, ¾ cup vegetable juice							
<b>FRUITS</b> (2 or more servings per day - 1 serving must be vitamin C or fortified juice or fruit) (¾ cup 100% fruit juice can be included here)							
<b>MEAT, POULTRY, FISH</b> (2-3 servings per day (5-6 oz per day)) Includes dried beans and peas, eggs and nuts							
<b>MILK, YOGURT AND CHEESE</b> (2 or more servings per day) Milk, yogurt, and cheese							
<b>FLUIDS</b> Offer 8+ servings of water per day							
<b>RECOMMENDATIONS:</b>							

Note: Dried beans, peas, and lentils can be counted as servings in either the meat group or the vegetable group. As a vegetable, ½ cup cooked dried beans counts as 1 serving. As a meat substitute, 1 cup cooked dried beans counts as 1 serving (2 oz meat).

Dietitian: \_\_\_\_\_