

PLAN

The Pyramid Way

Use this chart to get an idea of the foods your child eats over a week. Pencil in the foods eaten each day and pencil in the corresponding triangular shape. (For example, if a slice of toast is eaten at breakfast, write in "toast" and fill in one Grain group pyramid.) The number of pyramids shown for each food group is the number of servings to be eaten each day. At the end of the week, if you see only a few blank pyramids...keep up the good work. If you notice several blank pyramids, offer foods from the missing food groups in the days to come.

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|------------|------------|------------|------------|------------|------------|------------|
| Milk | △△ | △△ | △△ | △△ | △△ | △△ | △△ |
| Meat | △△ | △△ | △△ | △△ | △△ | △△ | △△ |
| Vegetable | △△△ | △△△ | △△△ | △△△ | △△△ | △△△ | △△△ |
| Fruit | △△ | △△ | △△ | △△ | △△ | △△ | △△ |
| Grain | △△△ △△△ | △△△ △△△ | △△△ △△△ | △△△ △△△ | △△△ △△△ | △△△ △△△ | △△△ △△△ |
| Breakfast | | | | | | | |
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| Snack | | | | | | | |
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| Lunch | | | | | | | |
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| Snack | | | | | | | |
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| Dinner | | | | | | | |
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