

Super Tracker Plan—15 year old female, 5’4”, 120lbs, moderately active  
At least 1800 calories a day

Food Group	Food Group Amount	“What counts as ...”
Whole Grains	6 ounces per day	1 ounce of grains is equal to: <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• ½ cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice1 tortilla (6 inch diameter)</li> <li>• 1 pancake (5 inch diameter)1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul>
Vegetables	2 1/2 cups per day	1 cup of vegetables is equal to: <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy salad greens</li> </ul>
Fruits	1 1/2 cups per day	1 cup of fruit is equal to: <ul style="list-style-type: none"> <li>• 1 cup raw or cooked fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• ½ cup dried fruit</li> </ul>
Dairy	3 cups per day	1 cup of dairy is: equal to: <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1½ ounces natural cheese (e.g. Cheddar)</li> <li>• 2 ounces processed cheese (e.g. American)</li> </ul>
Protein Foods	5 ounces per day	1 ounce of protein foods is equal to: <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, seafood</li> <li>• 1 egg1</li> <li>• Tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> <li>• ¼ cup cooked beans or peas</li> </ul>
Oils	5 tsp. per day	1 tsp. of oil is equal to: <ul style="list-style-type: none"> <li>• 1 tsp. vegetable oil (e.g. canola, corn, olive, soybean)</li> <li>• 1½ tsp. mayonnaise</li> <li>• 2 tsp. tub margarine</li> <li>• 2 tsp. French dressing</li> </ul>