

# \_\_\_\_\_ 's Fabulous Foods Restaurant

(Your name)

Menu for (circle one):      Breakfast      Lunch      Dinner

Food group	Dietary guidelines	Specific food(s)	Tips
Grains	Make (at least) half your grains whole.		Look for the word “whole” before the grain name on the list of ingredients, (e.g., whole wheat).
Vegetables	Vary your vegetables. Eat more dark green veggies, more orange veggies, and more dry beans and peas.		Eat them raw or cooked. Fresh, frozen, canned, or dried are all okay.
Fruits	Focus on fruits. Eat a variety of fruit.		Fresh, frozen, canned, or dried fruits are all okay. But go easy on fruit juices.
Milk	Get your calcium-rich foods—low-fat or fat-free milk, yogurt, cheese.		If you don't or can't eat or drink these products, choose lactose-free products or other calcium sources.
Meat and beans	Go lean (low-fat) on protein. Vary your choices with more fish, beans, peas, nuts, and seeds.		Bake it, broil it, or grill it.
Fats, refined sugars, salt (sodium)	Limit all of these as much as possible. Are most of your food choices low in fat? _____ Are most of your food choices low in refined sugars? _____ Are most of your food choices low in salt? _____ If you answered no to any of these questions, what might you do to improve these areas? _____ _____ _____		

Adapted from [www.mypyramid.gov](http://www.mypyramid.gov).