

BHa2a's Food Groups and Calories Report 03/14/15 - 03/14/15

Your plan is based on a **1400 Calorie** allowance for a preschooler.

Food Groups	Target	Average Eaten	Status
Grains	5 ounce(s)	4 ounce(s)	Under
Whole Grains	≥ 2½ ounce(s)	2½ ounce(s)	OK
Refined Grains	≤ 2½ ounce(s)	1½ ounce(s)	OK
Vegetables	1½ cup(s)	½ cup(s)	Under
Dark Green	1 cup(s)/week	¼ cup(s)	Under
Red & Orange	3 cup(s)/week	¼ cup(s)	Under
Beans & Peas	½ cup(s)/week	0 cup(s)	Under
Starchy	3½ cup(s)/week	0 cup(s)	Under
Other	2½ cup(s)/week	0 cup(s)	Under
Fruits	1½ cup(s)	1¼ cup(s)	OK
Whole Fruit	No Specific Target	1¼ cup(s)	No Specific Target
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target
Dairy	2½ cup(s)	2¾ cup(s)	OK
Milk & Yogurt	No Specific Target	2½ cup(s)	No Specific Target
Cheese	No Specific Target	¼ cup(s)	No Specific Target
Protein Foods	4 ounce(s)	2 ounce(s)	Under
Seafood	6 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	1½ ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	½ ounce(s)	No Specific Target
Oils	4 teaspoon	3 teaspoon	Under
Limits	Allowance	Average Eaten	Status
Total Calories	1400 Calories	1344 Calories	OK
Empty Calories*	≤ 121 Calories	361 Calories	Over
Solid Fats	*	192 Calories	*
Added Sugars	*	169 Calories	*

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.