

## (burn)?

A 154-pound man who is 5' 10" will use up (burn) about the number of calories listed doing each activity below. **Those who weigh more will use more calories; those who weigh less will use fewer calories.** The calorie values listed include both calories used by the activity and the calories used for normal body functioning during the activity time.



For more information on calories and physical activity, see the [SuperTracker's Physical Activity Tracker](#).

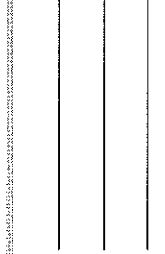
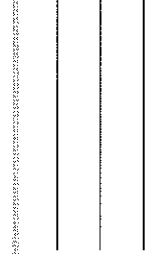
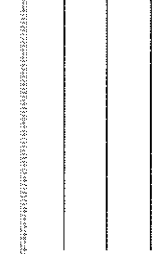
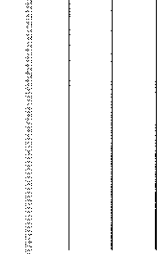
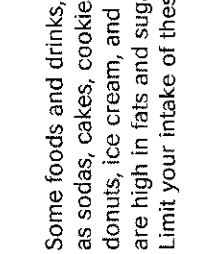
	Approximate calories used (burned) by a 154-pound man	
<b>MODERATE</b> physical activities:	<b>In 1 hour</b>	<b>In 30 minutes</b>
Hiking	370	185
Light gardening/ yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 mph)	290	145
Walking (3.5 mph)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
<b>VIGOROUS</b> physical activities:	<b>In 1 hour</b>	<b>In 30 minutes</b>
Running/ jogging (5 mph)	590	295
Bicycling (more than 10 mph)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4.5 mph)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

### Resources for Nutrition & Health

- Food Groups & Related Topics

# My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 2400 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>GRAINS</b></p>	<p>Make at least half your grains whole grains</p>	<p><b>8 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta, or cereal)</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>VEGETABLES</b></p>	<p>Aim for variety every day; pick vegetables from several subgroups: Dark green, red &amp; orange, beans &amp; peas, starchy, and other veggies</p>	<p><b>3 cups</b> (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>FRUITS</b></p>	<p>Select fresh, frozen, canned, and dried fruit more often than juice</p>	<p><b>2 cups</b> (1 cup is 1 cup raw or cooked fruit, 1/2 cup dried fruit, or 1 cup 100% fruit juice)</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>DAIRY</b></p>	<p>Include fat-free and low-fat dairy foods every day</p>	<p><b>3 cups</b> (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1/2 ounces natural cheese; or 2 ounces processed cheese)</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>PROTEIN FOODS</b></p>	<p>Aim for variety—choose seafood, lean meat &amp; poultry, beans, peas, nuts, and seeds each week</p>	<p><b>6 1/2 ounce equivalents</b> (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; 1/4 cup cooked beans or peas; or 1/2 ounce nuts or seeds)</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	 <p><b>PHYSICAL ACTIVITY</b></p>	<p>Be active every day. Choose activities that you like and fit into your life.</p>	<p>Be physically active for at least <b>150 minutes</b> each week.</p>	<p>Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.</p>	<p>minutes</p>

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_