

**FANTASY FIT FOOD GUIDE PYRAMID DAILY NUTRITION CHECKLIST**  
**www.fantasyfit.com**

Date \_\_\_\_\_

**Fats, Oils, and Sweets:** No serving sizes - **USE SPARINGLY**

**Milk, Yogurt and Cheese:** **2 – 3 servings** - Serving = 1 cup milk or yogurt, 1 ½ ounces natural cheese, 2 ounces processed cheese

1      2      3

**Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts:** **2 – 3 servings** – Serving = 2 – 3 ounces of cooked lean meat, poultry, or fish. ½ cup of cooked dry beans, ½ cup of tofu, 2 ½ – ounce soy burger, 1 egg, 1/3 cup of nuts, or 2 tablespoons of peanut butter count as 1 ounce of lean meat

1      2      3

**Vegetable:** **3 – 5 servings** – Serving = 1 cup of raw leafy vegetables, ½ cup of other vegetables-cooked or chopped raw, ¾ cup of vegetable juice

1      2      3      4      5

**Fruit:** **2 – 4 servings** – Serving = 1 medium apple, banana, orange, pear, ½ cup of chopped, cooked, or canned fruit, ¾ cup of fruit juice

1      2      3      4

**Bread, Cereal, Rice, and Pasta:** **6 – 11 servings** – Serving = 1 slice of bread, 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice, or pasta

1      2      3      4      5      6      7      8      9      10      11

**Water:** **8 – 10 servings** – Serving = 8 ounces

1      2      3      4      5      6      7      8      9      10

- Check off each serving as it is consumed. Minimum serving goals are underlined. See FAQ's for recommendations based on age, gender, and activity level.
- Pay close attention to serving sizes. Portion control is very important. If you eat a portion that equals two servings make sure you count it as two servings.
- Make sure to go easy on fats, oils, and sweets.
- Try to select the lowest fat choices from each food group.
- Try to choose whole grains, like whole wheat, rather than refined processed breads and cereals (made from white flour).

**NOTES:**