

## A Balanced Approach

As part of our commitment to helping you and your family live healthier, better lives, we often share suggestions based on our four “eat well live well” principles. Here’s one that we’re really excited about:

Our Daily Meal Template shows you one way to make your Calories Count and include proper portions of the foods that we know can lead to a healthier, better life.

## Make your calories count with our Daily Meal Template

The concept is pretty simple. Use the information to the right to fill your plate with healthful foods every day. The daily goal is 1,500-2,000 calories.

*“I have the template memorized and use it every day. It feels good to know that I am losing weight the right way. I wake up feeling refreshed.”*

*- Sara*

*Wegmans Employee | Fairfax Store*

## For Your Information

Use the nutrition facts on food labels to portion the calories you put on your plate. See [mypyramid.gov](http://mypyramid.gov) to find your personal calorie needs, and for more details on each food group.

eat well. live well.™

# Daily Meal Template

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Fill in the lines next to the template to see your day of healthy eating. Build your daily meals and snacks, plate by plate.

## How to fill your plate:

### Whole Grains

Three whole grain servings a day (try for one serving at every meal).

### Fruits & Vegetables

Strive for five cups a day. Go for a rainbow variety of colors.

### Dairy

Three cups daily—including yogurt.

### Protein

Lean meats, poultry, fish, and beans. Include fish twice a week.

### Oil

Include nuts, fish, and vegetable oils.

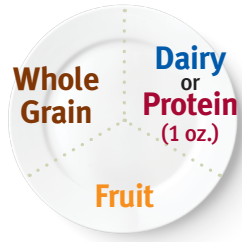
### Snacks

Use snacks to help balance your day.

Choose grains, fruits, vegetables, dairy and protein.

It’s okay to use your calories for a “treat” once in a while, but remember that calories count, so watch your portions.

**Breakfast:** Goal: 300 calories



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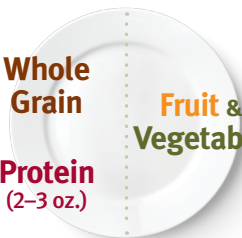
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**Snack:** Goal: 100–200 calories



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**Lunch:** Goal: 400–500 calories



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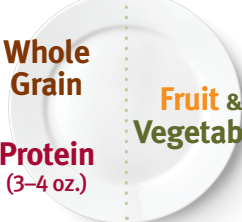
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**Snack:** Goal: 100–200 calories



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**Dinner:** Goal: 500–600 calories



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**Snack:** Goal: 100–200 calories



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Water throughout the day