



Serving Savvy Challenge

Challenge Worksheet

****FOR PERSONAL USE ONLY****

DIRECTIONS: Use this worksheet to help you better understand the servings sizes that support *your* individual health goals. (NOTE: This worksheet will not be shared.)

WEEK	TASK	DETAILS	MY NOTES
1	GET FAMILIAR WITH YOUR CURRENT PORTION SIZES.	Learn the difference between "portion size" and "serving size" . Then break out your measuring cups and spoons to get familiar with <i>how much</i> you're currently eating and drinking. (Download a 'Weekly Food Journal' HERE .)	
2	FIND OUT YOUR RECOMMENDED FOOD GROUP SERVINGS FOR YOUR GOALS.	Use the MyPlate Plan to uncover your serving targets for each food group. (Be sure to click the calories recommended for your desired goal to access the plan details!)	MyPlate Plan: Fruit: ___ cups Veggies: ___ cups Grains: ___ ounces Protein: ___ ounces Diary: ___ cups
3	STAY AT YOUR PROTEIN OUNCES EACH DAY.	Protein Foods 1 ounce equivalent: <ul style="list-style-type: none"> • 1 ounce of meat, poultry or fish • ¼ cup cooked beans • 1 egg • 1 Tablespoon of peanut butter • ½ ounce of nuts or seeds 	
4	AIM TO MEET YOUR FRUIT AND VEGGIE CUPS EACH DAY.	Fruit 1 cup equivalents: <ul style="list-style-type: none"> • 1 cup raw, frozen or cooked/canned fruit • ½ cup dried fruit • 1 cup 100% fruit juice Veggies 1 cup equivalents: <ul style="list-style-type: none"> • 1 cup raw or cooked fresh, frozen or canned veggies • 2 cups leafy salad greens • 1 cup 100% vegetable juice 	

Please let us know you participated in this challenge [HERE](#).



WFHT.TN@tn.gov



facebook.com/WFHTN



twitter.com/WFHTN