

My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



Your results are based on a 1400 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

Food Lesson Plan For School Age

AW Rasmussen



Food Lesson Plan For School Age:

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