



## WEEKLY NUTRITIOUS FOOD BUDGET TEMPLATE

This weekly nutritious food budget template is based on the nutritional requirements from the USDA's MyPlate.

WEEKLY BUDGET: \$ _____.					
NUTRITIOUS FOOD CATEGORIES					
<b>FRUIT</b> Raw, frozen, or cooked/canned fruit dried fruit or 100% fruit juice 			<b>PROTEIN</b> Seafood, lean meat, or poultry eggs, peanut butter, cooked beans, peas, or lentils or nuts or seeds 		
ITEM	ESTIMATED PRICE	ACTUAL PRICE	ITEM	ESTIMATED PRICE	ACTUAL PRICE
	TOTAL:	TOTAL:		TOTAL:	TOTAL:

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<b>VEGETABLES</b> Raw, cooked/canned vegetables, leafy salad greens or 100% vegetable juice			<b>DAIRY</b> Dairy milk or yogurt, lactose-free dairy milk or yogurt, fortified soy milk or yogurt or hard cheese		
					
ITEM	ESTIMATED PRICE	ACTUAL PRICE	ITEM	ESTIMATED PRICE	ACTUAL PRICE
	TOTAL:	TOTAL:		TOTAL:	TOTAL:

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### GRAINS

Whole grain bread, whole grain cereal or brown rice, or whole wheat pasta



ITEM	ESTIMATED PRICE	ACTUAL PRICE
	TOTAL:	TOTAL:



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**NOTE:** It is important to drink enough water daily to stay hydrated, especially if you are more physically active or in hot weather. Water or beverages that contain nutrients, such as milk, are better to substitute into your diet than drinking sugar-sweetened beverages.

Learn more at: [https://www.cdc.gov/healthyweight/healthy\\_eating/water-and-healthier-drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html)

