

Name: \_\_\_\_\_

# Food Groups Analysis: What's on Your Plate?

Using [www.choosemyplate.gov](http://www.choosemyplate.gov), find your recommended daily servings.

What are your Recommended Daily Servings?

Fruits:	
Vegetables:	
Proteins:	
Dairy:	
Grains:	

From your food diary, list the foods based on the category they fit in, along with how many servings you ate.

Thursday 3/15/18

Food Group	Food Ate	Amount
Fruits:		
Vegetables:		
Proteins:		
Dairy:		
Grains:		

Name: \_\_\_\_\_

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Friday 3/16/28

Food Group	Food Ate	Amount
Fruits:		
Vegetables:		
Proteins:		
Dairy:		
Grains:		

Did you meet your daily food group recommendations for each day? If not, what food groups do you need to increase? What food groups do you need to decrease?

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Did you meet your recommended water intake? If not, what can you do to increase your water intake?

From tracking your diet, list three things you learned about your personal nutrition and how you can use this information to live a healthier lifestyle.