

## IS MY DIET BALANCED?

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Now that you have studied the recommendations of **MyPyramid**, look at your own diet to see how well-balanced it is. Use your **FOOD INTAKE RECORDS** as you evaluate your diet and daily physical activity.

I. 1. How many calories did you plan to consume each day?

2. How many actual calories did you consume:

Sunday _____	Thursday _____
Monday _____	Friday _____
Tuesday _____	Saturday _____
Wednesday _____	<b>TOTAL</b> _____

3. What was your average daily calorie consumption for this week?

Divide the total from part 2 by 7:

II. Are you getting the right amounts of food from each food group? Are you remembering to exercise daily? Choose one day from your **FOOD INTAKE RECORDS** and list the foods you ate on that day from each group, then list the amount.

Food Group	Food Eaten	Number of Servings
Grains		
Vegetables		
Fruits		
Milk		
Meat & Beans		
Fat		

III. How would you change your diet to improve it (variety, balance, portion control)?

IV. How did you do on making physical activity part of your day? Do you need to make improvements?