

DIET DIARY QUESTIONS

Name _____ Period ____ Assign #

1. Does each day's menu provide the suggested number of servings from each category for a 2,000 calorie/day plan or from your individual plan of MyPyramid?

Bread Group	YES	NO
Vegetables Group	YES	NO
Fruits Group	YES	NO
Meat & Beans Group	YES	NO
Milk Group	YES	NO

If not, what changes are needed in your diet?

2. Check your diet for variety. How many different foods from each category did you include?

fruit	vegetables	meat
poultry	fish	dairy
grain		

3. Was breakfast eaten every morning? YES NO

If not, why?

If so, was it traditional or nontraditional foods?

4. Identify combination foods eaten during the week?

5. Name the foods eaten which represent your family's religious or ethnic background or were influenced by your community's characteristics.

6. On your **DIET DIARY** circle the foods high in fat and sugar. What steps can be taken to reduce the amount of fat or sugar in your diet?