**MyPlate Application**

1. Divide the plate. 2- Identify the food groups eaten. 3-Assess the meal.

Jessica- Spicy chicken sandwich, fries, Coke



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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sodium | Veggies | Fruit | Fat | Sugars | Whole Grains | Dairy | Protein |
| Reduce |  |  |  |  |  |  |  |  |
| Increase |  |  |  |  |  |  |  |  |
| Okay |  |  |  |  |  |  |  |  |

Susan- Strawberry salad, baked potato, lemonade



|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sodium | Veggies | Fruit | Fat | Sugars | Whole Grains | Dairy | Protein |
| Reduce |  |  |  |  |  |  |  |  |
| Increase |  |  |  |  |  |  |  |  |
| Okay |  |  |  |  |  |  |  |  |

Michelle- Cheeseburger, mandrain oranges, chocolate milk

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sodium | Veggies | Fruit | Fat | Sugars | Whole Grains | Dairy | Protein |
| Reduce |  |  |  |  |  |  |  |  |
| Increase |  |  |  |  |  |  |  |  |
| Okay |  |  |  |  |  |  |  |  |

