**NAME:**

**Dietary Analysis**

Write down all the food you ate over **2 DAYS.** They do not have to be consecutive.

|  | Breakfast | Lunch | Dinner | ALL SNACKS | PHYSICAL ACTIVITY (activity and # of minutes) |
| --- | --- | --- | --- | --- | --- |
| Day 1: |  |  |  |  |  |
| Day 2: |  |  |  |  |  |

1) Which MyPlate food groups did you get enough of during these two days?

2) What foods can you add to make sure you get enough from the MyPlate groups **THAT YOU DID NOT** list in question #1?

3) Circle all the foods in your tracker that are nutrient dense (high in vitamins and minerals and low in calories).

4) Explain why it is important to get EACH of the six essential nutrients.

*- Example: It is important to eat protein because it builds and repairs tissues.*

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5) Are you exercising enough? **WHY or WHY NOT?**

6) List four SPECIFIC ways that you can improve your diet (Remember that exercise is part of a healthy diet).

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