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

MyPlate Meal Analysis

Using the Food Models, create 3 meals similar to what you would eat on a regular day. In the chart to the right of each plate, keep track of the number of calories per food and total the calories for the meal at the bottom. At the VERY bottom of the page, write the grand total of the calories consumed for the entire day and compare it to the number MyPlate recommends for you. If you ate more than one item from each food group any meal, that’s okay, just squish it in.

|  |  |  |
| --- | --- | --- |
| **Breakfast** | | |
| **Food Group** | **Food Items** | **Calories per Serving** |
| **Fruits** |  |  |
| **Vegetables** |  |  |
| **Grains** |  |  |
| **Protein** |  |  |
| **Dairy** |  |  |
| **TOTAL CALORIES** | |  |

|  |  |  |
| --- | --- | --- |
| **Lunch** | | |
| **Food Group** | **Food Items** | **Calories per Serving** |
| **Fruits** |  |  |
| **Vegetables** |  |  |
| **Grains** |  |  |
| **Protein** |  |  |
| **Dairy** |  |  |
| **TOTAL CALORIES** | |  |

|  |  |  |
| --- | --- | --- |
| **Snack** | | |
| **Food Group** | **Food Items** | **Calories per Serving** |
| **Fruits** |  |  |
| **Vegetables** |  |  |
| **Grains** |  |  |
| **Protein** |  |  |
| **Dairy** |  |  |
| **TOTAL CALORIES** | |  |

|  |  |  |
| --- | --- | --- |
| **Dinner** | | |
| **Food Group** | **Food Items** | **Calories per Serving** |
| **Fruits** |  |  |
| **Vegetables** |  |  |
| **Grains** |  |  |
| **Protein** |  |  |
| **Dairy** |  |  |
| **TOTAL CALORIES** | |  |

Total Calories Consumed for the Day:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Go to choosemyplate.gov. From the online tools tab, choose “My Plate Plan”. In the “What Should I Eat?” box, click “Start”.
2. Enter the required personal information and click “Calculate Food Plan”. Select the “Maintain Your Current Weight” calorie plan. In the top right of the page, click “View as PDF”.
3. What are your daily recommendations for each food group?

| Fruit | cups | Grains | ounces |
| --- | --- | --- | --- |
| Vegetables | cups | Protein | ounces |
| Dairy | cups | Total Calories |  |

1. Divide each food group on the MyPlate graphic into smaller pie segments according to your daily recommended amounts. *Example: You need 3 cups of fruit. You would cut the fruit section into 3 smaller pie pieces.*
2. Look at your food log. Color in each segment that you ate throughout the day. *Example: If you ate a banana for breakfast, you would color one of the fruit pie pieces you made on your MyPlate graphic.*

Tips to help you:

* If you don’t know what a cup or an ounce of a food item looks like, scroll to the second page. It gives you examples of serving sizes
* If you exceeded a certain food group, put at star next to that food group for each additional item that you have eaten. *Example: if you need 3 cups of dairy and you had 5, then you would put 2 stars next to the dairy group.*
* Bonus points if you use the current MyPlate colors

1. When you are finished coloring your graphic, answer the following questions:
   1. What group or groups did you need more of?

* 1. What group or groups have you overeaten?
  2. How could your deficiencies or over eating of nutrients affect your health over time?
  3. Look at your caloric intake. If you continued your eating pattern, would you lose, gain or maintain your weight?
  4. Set two goals for yourself for this next week to improve your nutrient intake.

