**Nutritional Needs Worksheet**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_\_**

**Instructions:**

1. **Read the Dietary Guidelines Consumer Brochure**

**(**[**http://myplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf**](http://myplate.gov/food-groups/downloads/MyPlate/DG2010Brochure.pdf)**)**

1. **Fill in the blanks below**
2. **On a separate piece of paper: Draw, color and label a meal that follows the dietary guidelines. On the back side of the paper draw, color and label the activities that you will do that will help you be physically active.**

* Build a **­­­\_\_\_\_\_\_\_\_\_\_** plate:
  + Make **\_\_\_\_\_\_** your plate **\_\_\_\_\_\_\_\_\_** and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
  + Switch to **\_\_\_\_\_\_\_\_** or **\_\_\_\_\_\_** milk
  + Make at least **\_\_\_\_\_\_\_\_\_\_**your **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** whole
  + **\_\_\_\_\_\_\_\_\_\_** your **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**food choices
  + Keep your food **\_\_\_\_\_\_\_\_\_\_\_** to **\_\_\_\_\_\_\_\_**
  + Cut back on foods high in **\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_**, **\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**, and **\_\_\_\_\_\_\_\_**
  + Choose **\_\_\_\_\_\_\_\_\_** and drinks with little or no added **\_\_\_\_\_\_\_\_\_\_**.
  + Look out for **\_\_\_\_\_**\_\_(sodium) in foods you buy - it all **\_\_\_\_\_\_\_** up.
  + Eat **\_\_\_\_\_\_\_\_\_\_\_** foods that are **\_\_\_\_\_\_\_\_\_\_** in **\_\_\_\_\_\_\_\_\_\_** fats.
  + Eat the **\_\_\_\_\_\_\_\_\_\_** amount of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**for you
  + Enjoy your **\_\_\_\_\_\_\_\_\_\_\_**, but eat **\_\_\_\_\_\_\_\_\_\_\_**.
  + Cook more often at **\_\_\_\_\_\_\_\_\_\_\_**, where you are in **\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_**of what's in your food.
  + When **\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_**, choose **\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** menu options.
  + **\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_** what you eat to keep **\_\_\_\_\_\_\_\_\_\_** of how much you eat.
  + If you drink **\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**- limit to 1 drink a day for **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and2 drinks a day for **\_\_\_\_\_\_\_\_\_\_**.
* Be physically **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** your way
  + Pick **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** that you **\_\_\_\_\_\_\_** and start by doing what you **\_\_\_\_\_\_\_**, at least **\_\_\_\_\_\_** minutes at a time. **\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**adds up, and the health benefits **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** as you spend more time **\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.**