

Analyzing Your Nutritional Intake

Look at the daily food log you recorded for the last three days. For each day, write down how many items from each food group you consumed. At the bottom, write down any additional fat, sugar, and water you consumed. Then, answer the questions on the back.

	Grains	Fruits	Vegetables	Milk	Meat & Beans
Tuesday					
Wednesday					
Thursday					

	Tuesday	Wednesday	Thursday				
Fat							
Sugar							
Water							

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Making Connections

1. Looking at your table, what food groups do you consistently lack?
2. Looking at your food log, how could have included these food groups into your daily diet?
3. Looking at your table, are there any food groups you consume that exceed the recommended daily allowance?
4. Are there any substitutions you could make in place of these foods?
5. Looking at the table, how would you describe your fat and sugar intake in comparison to what is recommended?
6. Looking at the table, do you get in at least 8 glasses (64 ounces) of water each day? If not, how could you get more water into your diet?
7. Looking at your food log, are there any activities you perform while eating? Do you think that positively or negatively affects what you consume? If so, why? If change is needed, what could you do to make that change?