

Name _____ Date _____ Period _____

MyFood Tracking Guide

Directions: Track what you eat for one whole day. Place your foods in the section of the correct food groups. Total up foods ate in each food group and tell whether you met the goals for each group!

Food Groups	Foods Consumed	Amount Consumed	Daily Goals Met?
 <p>Grains</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 <p>Meat & Beans</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 <p>Fruits</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 <p>Milk</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 <p>Vegetables</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 <p>OILS</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
<p>30 minutes of physical activity.</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

1. For each group that you did not meet your goal, explain why.

2. What are some ways that you could improve your daily eating habits?

3. List at least 3 Dietary Guidelines that you incorporated.