



WELLNESS WORKSHEET 62

Your Daily Diet Versus MyPyramid Recommendations

- 1. Keep a food record:** Keep a record of everything you eat on a typical day (see Wellness Worksheet 60).
- 2. Compare your intake to MyPyramid recommendations:** Complete the chart below using your food record. To determine the recommended number of servings for your calorie intake, refer to the MyPyramid chart in your text or visit MyPyramid.gov.

Food Group	Recommended Daily Amounts/Servings for Your Energy Intake	Your Actual Daily Intake (Amounts/Servings)	Serving Sizes and Equivalents
Grains (total)			1 oz equivalents = 1 slice of bread; 1 small muffin; 1 cup ready-to-eat cereal flakes; or 1/2 cup cooked cereal, rice, grains, pasta
<i>Whole grains</i>			
<i>Other grains</i>			
Vegetables (total)			1/2 cup or equivalent (1 serving) = 1/2 cup raw or cooked vegetables; 1 cup raw leafy salad greens; or 1/2 cup vegetable juice
<i>Dark-green*</i>			
<i>Deep-yellow*</i>			
<i>Legumes*</i>			
<i>Starchy*</i>			
<i>Other*</i>			
Fruits			1/2 cup or equivalent (1 serving) = 1/2 cup fresh, canned, or frozen fruit; 1/2 cup fruit juice; 1 small whole fruit; or 1/4 cup dried fruit
Milk			1 cup or equivalent = 1 cup milk or yogurt; 1-1/2 oz natural cheese; or 2 oz processed cheese
Meat and beans			1 oz equivalents = 1 oz cooked lean meat, poultry, or fish; 1/4 cup cooked dry beans or tofu; 1 egg; 1 tablespoon peanut butter; or 1/2 oz nuts or seeds
Oils			1 teaspoon or equivalent = 1 teaspoon vegetable oil or soft margarine; 1 tablespoon salad dressing or light mayonnaise
Solid fats			
Added sugars			

* Compare your daily intake with the approximate daily intake derived from the weekly pattern given in MyPyramid.

It may be difficult to track values for added sugars and, especially, oils and fats, but be as accurate as you can. Check food labels for information on fat and sugar. (Note: For a more complete and accurate analysis of your diet, keep food records for 3 days and then average the results.)

(over)

- 3. Further evaluate your food choices within the groups:** Based on the data you collected and what you learned in the chapter, what were the especially healthy choices you made (for example, whole grains and citrus fruits) and what were your less healthy choices? Identify the foods in the latter category by putting a checkmark next to them on your food record; these are areas where you can make changes to improve your diet. In particular, you may want to limit your intake of the following: processed, sweetened grains; high-fat meats and poultry skin; deep-fried fast foods; full-fat dairy products; regular sodas, sweetened teas, fruit drinks; alcohol beverages; other foods that primarily provide sugar and fat and few other nutrients. A significant proportion of the calories from these foods would be counted toward the discretionary calorie allowance for your level of energy intake; cutting back on these foods can help make room for greater amounts of healthier choices, including fruits, vegetables, and whole grains.
- 4. Make healthy changes:** Bring your diet in line with MyPyramid by adding servings of food groups and subgroups for which you fall short of the recommendations. To maintain a healthy weight, you may need to balance these additions with reductions in other areas—by eliminating some of the fats, oils, sweets, and alcohol you consume, by cutting extra servings from food groups for which your intake is more than adequate; or by making healthier choices within the food groups. Make a list of foods to add and a list of foods to limit or eliminate:

Foods to add:

Foods to limit or eliminate:

INTERNET ACTIVITY

Find out how your eating habits compare with the Dietary Guidelines, MyPyramid, and recommended nutrient intakes by using the interactive MyPyramid Tracker at www.mypyramid.gov. Enter your food intake for one day, and evaluate it against the various guidelines:

- (1) Dietary Guidelines recommendations:

Dietary components needing attention (not rated with a happy face):

Three tips for improving your intake of one of the components (click on the face):

- (2) MyPyramid recommendations: For what groups does your day's food intake fall above or below your recommended intake? List two strategies for bringing your intake in line with MyPyramid:

- (3) Nutrient intake: List nutrients for which your intake doesn't meet the recommendation or fall within the acceptable range: