

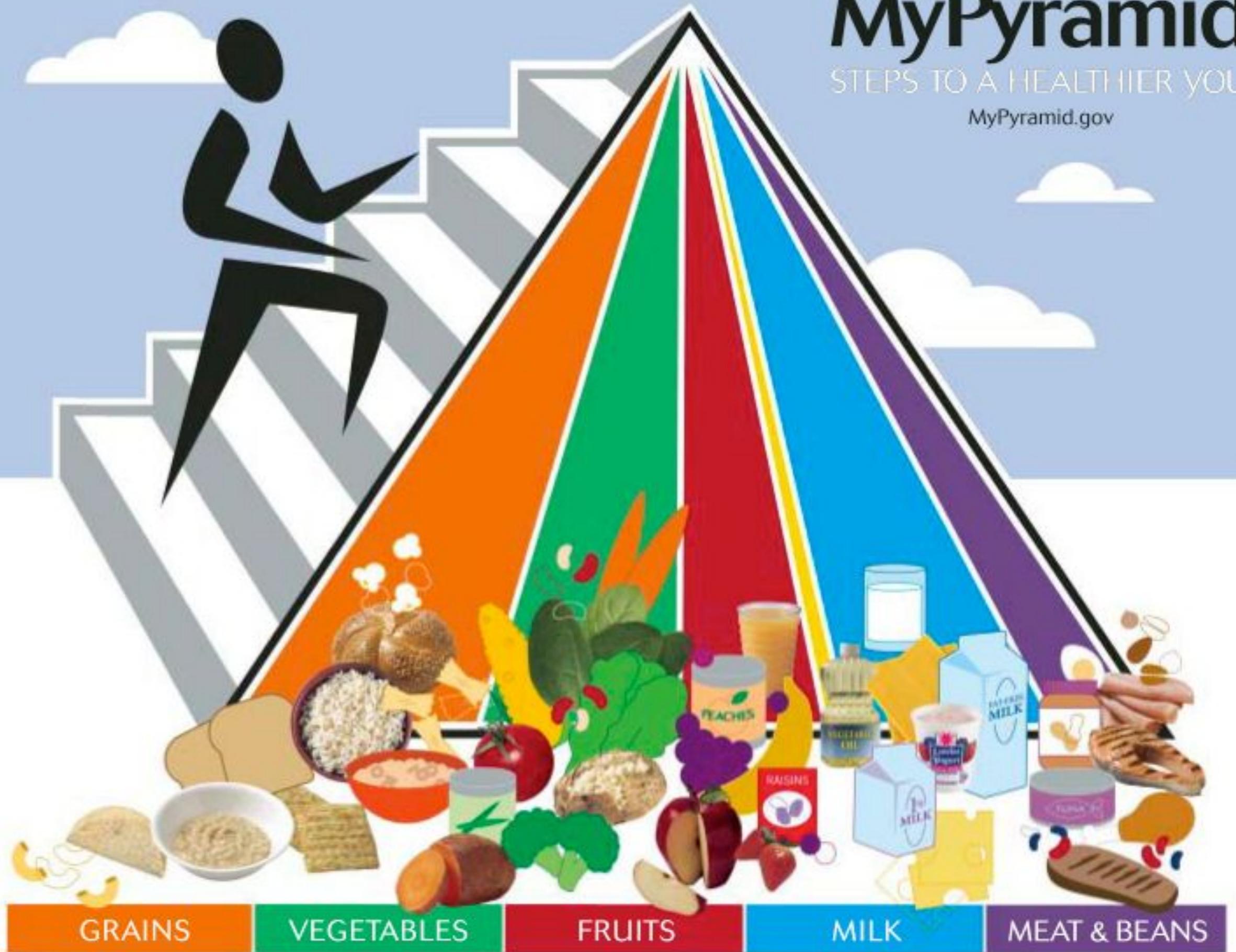
# Monday, May 20, 2019

- Name 3 things that you learned about your diet from completing the nutrition assignment today that would help you in your future.

# MyPyramid

STEPS TO A HEALTHIER YOU

[MyPyramid.gov](http://MyPyramid.gov)



# Anatomy of MyPyramid

## One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

### Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

### Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

### Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at [MyPyramid.gov](http://MyPyramid.gov).

### Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

### Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

### Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

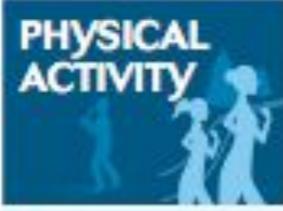


**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU



# MyPyramid Worksheet

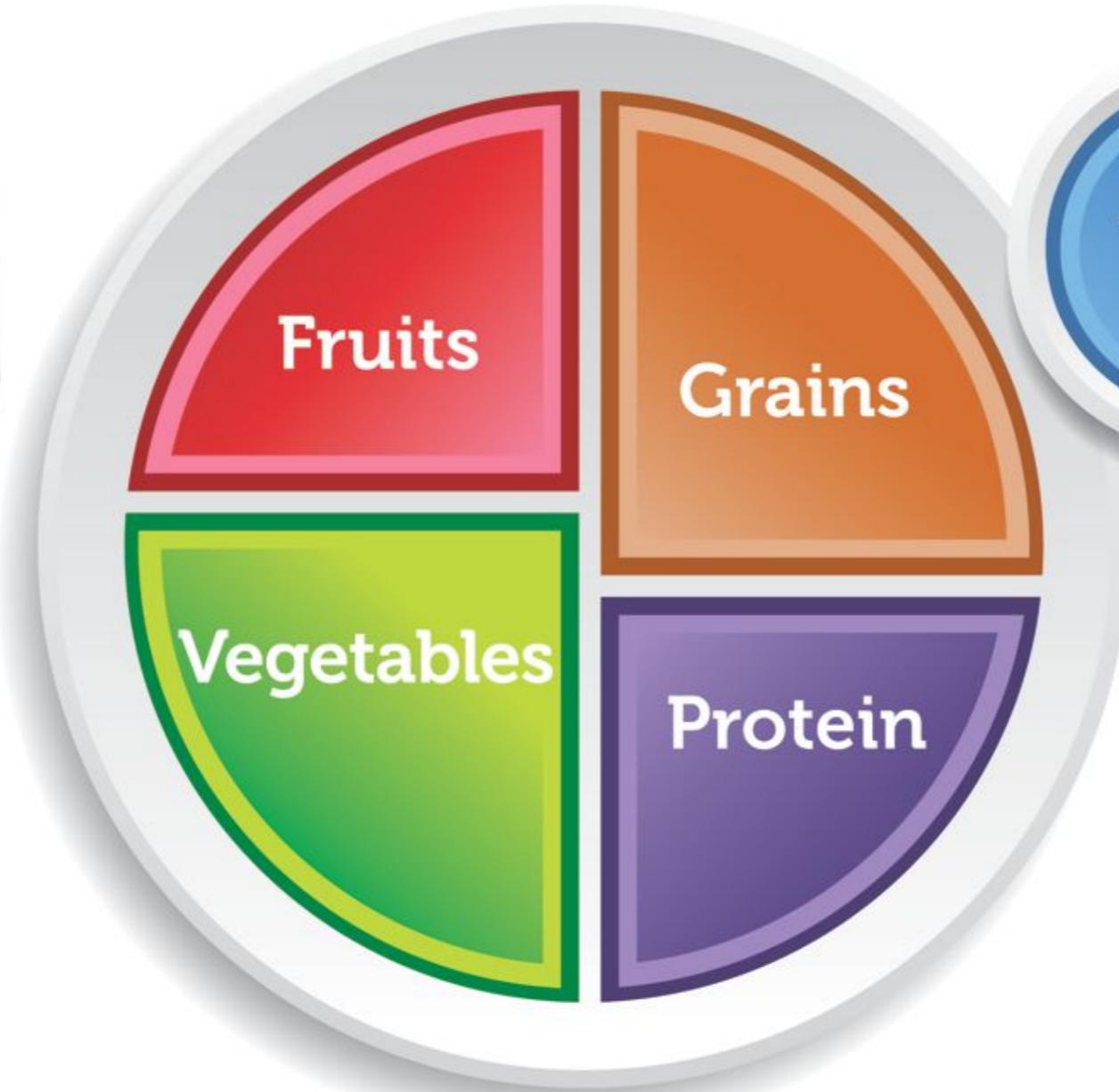
Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
_____	 <b>GRAINS</b>	Make at least half your grains whole grains	<b>7 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)	_____	_____
_____	 <b>VEGETABLES</b>	Try to have vegetables from several subgroups each day	<b>3 cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____
_____	 <b>FRUITS</b>	Make most choices fruit, not juice	<b>2 cups</b>	_____	_____
_____	 <b>MILK</b>	Choose fat-free or low fat most often	<b>3 cups</b> (1 ½ ounces cheese = 1 cup milk)	_____	_____
_____	 <b>MEAT &amp; BEANS</b>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<b>6 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ¼ cup dry beans or peas)	_____	_____
_____	 <b>PHYSICAL ACTIVITY</b>	Build more physical activity into your daily routine at home and work.	At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	_____

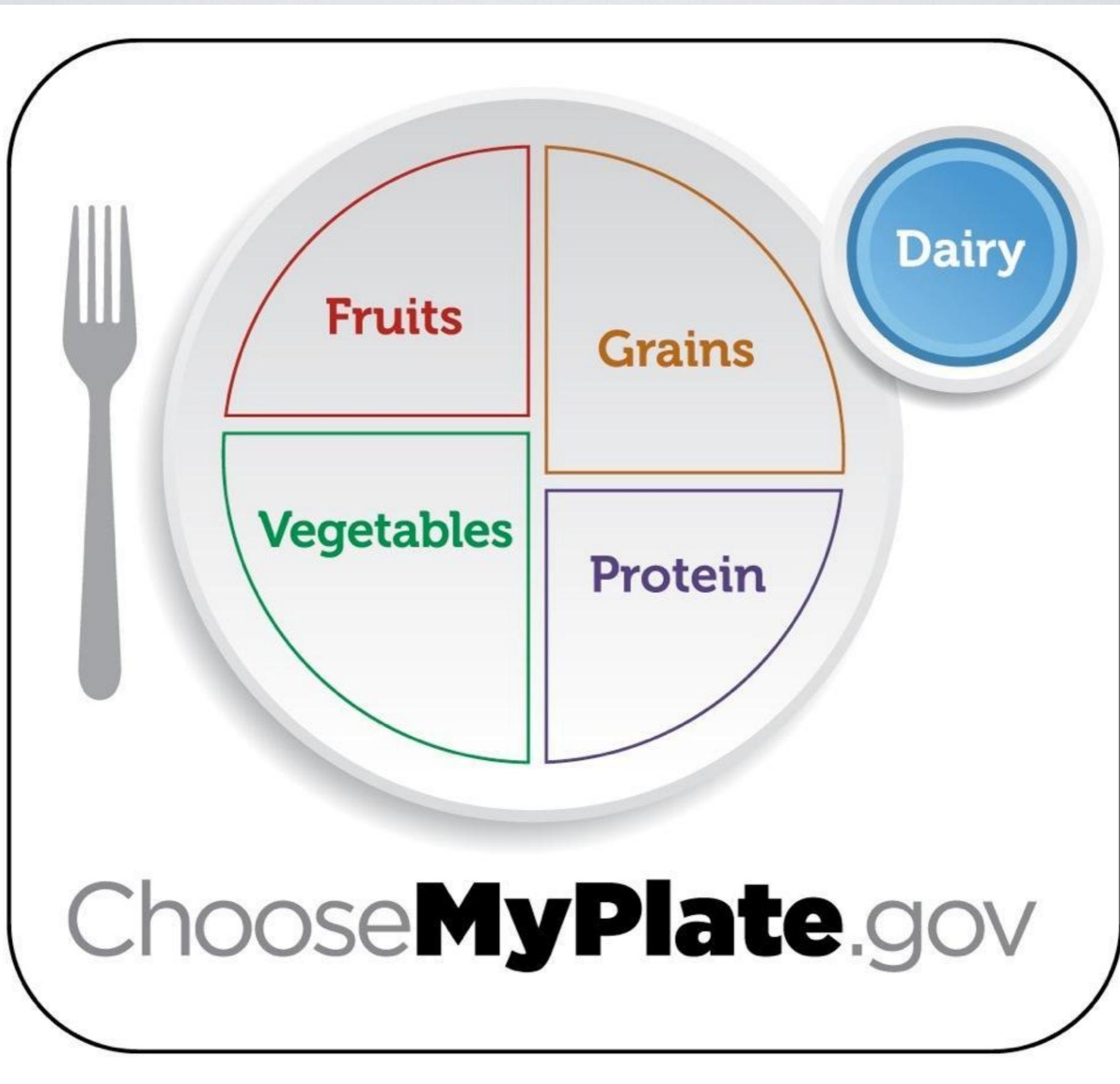
How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

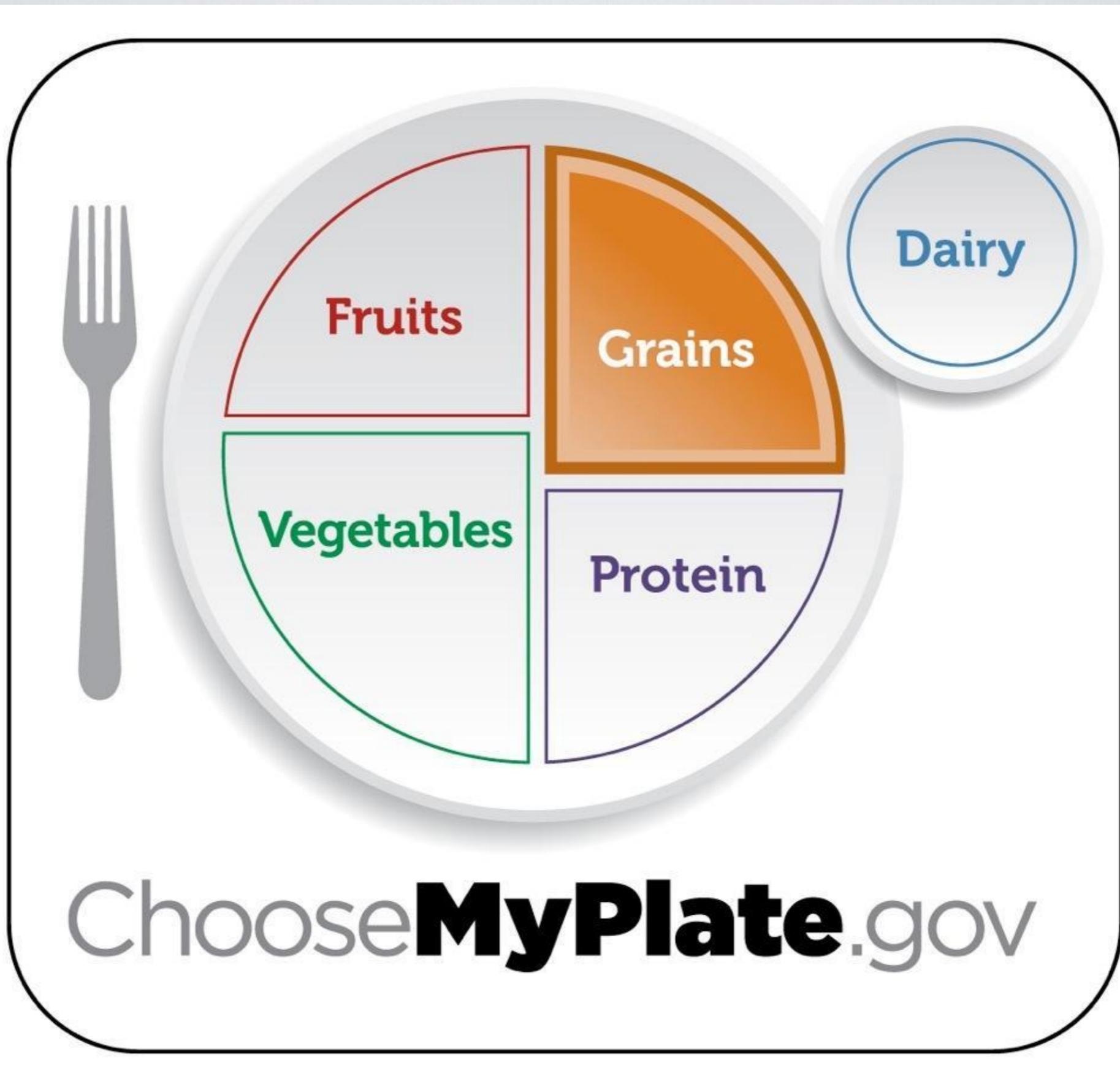
My activity goal for tomorrow is: \_\_\_\_\_



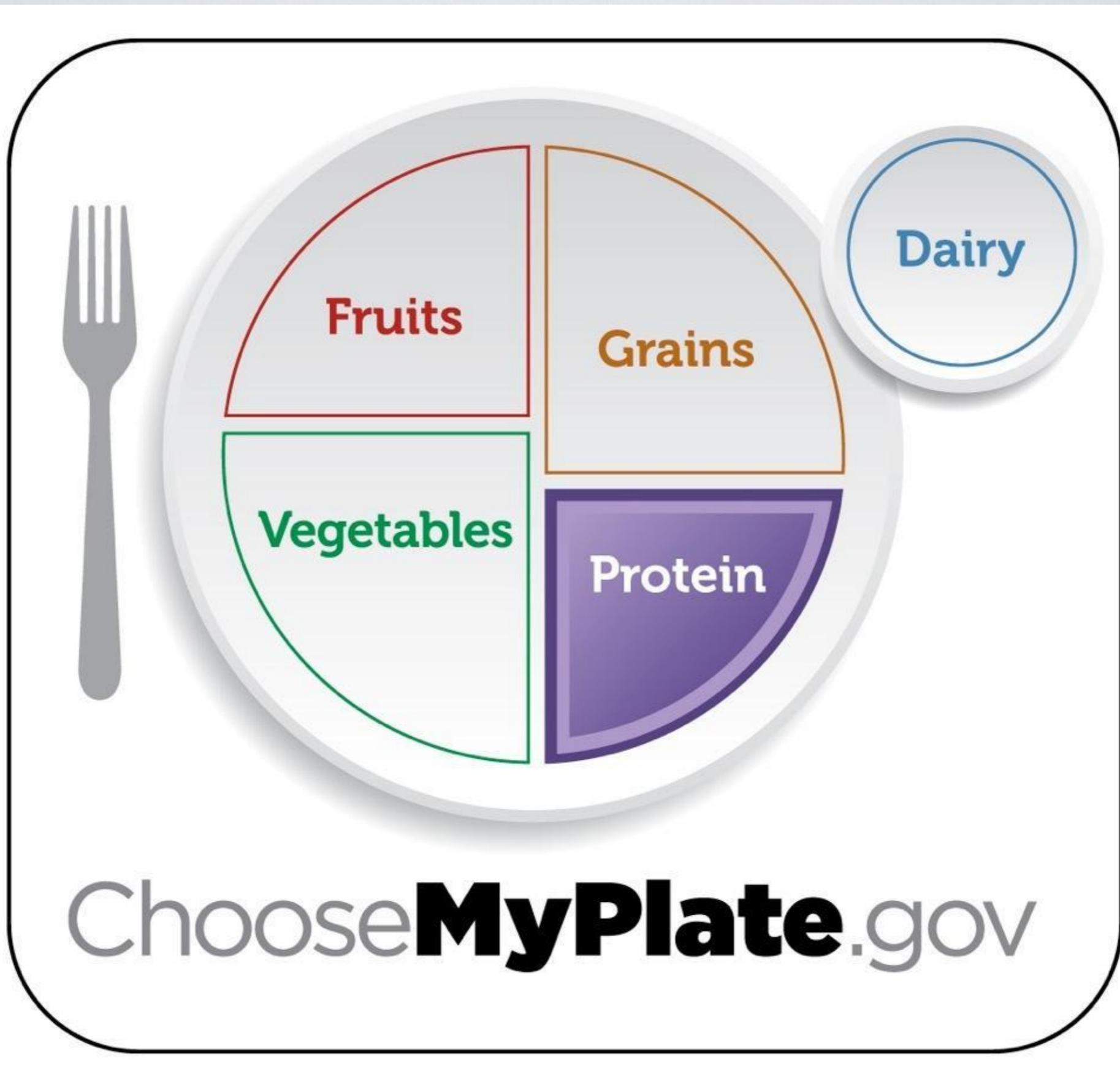
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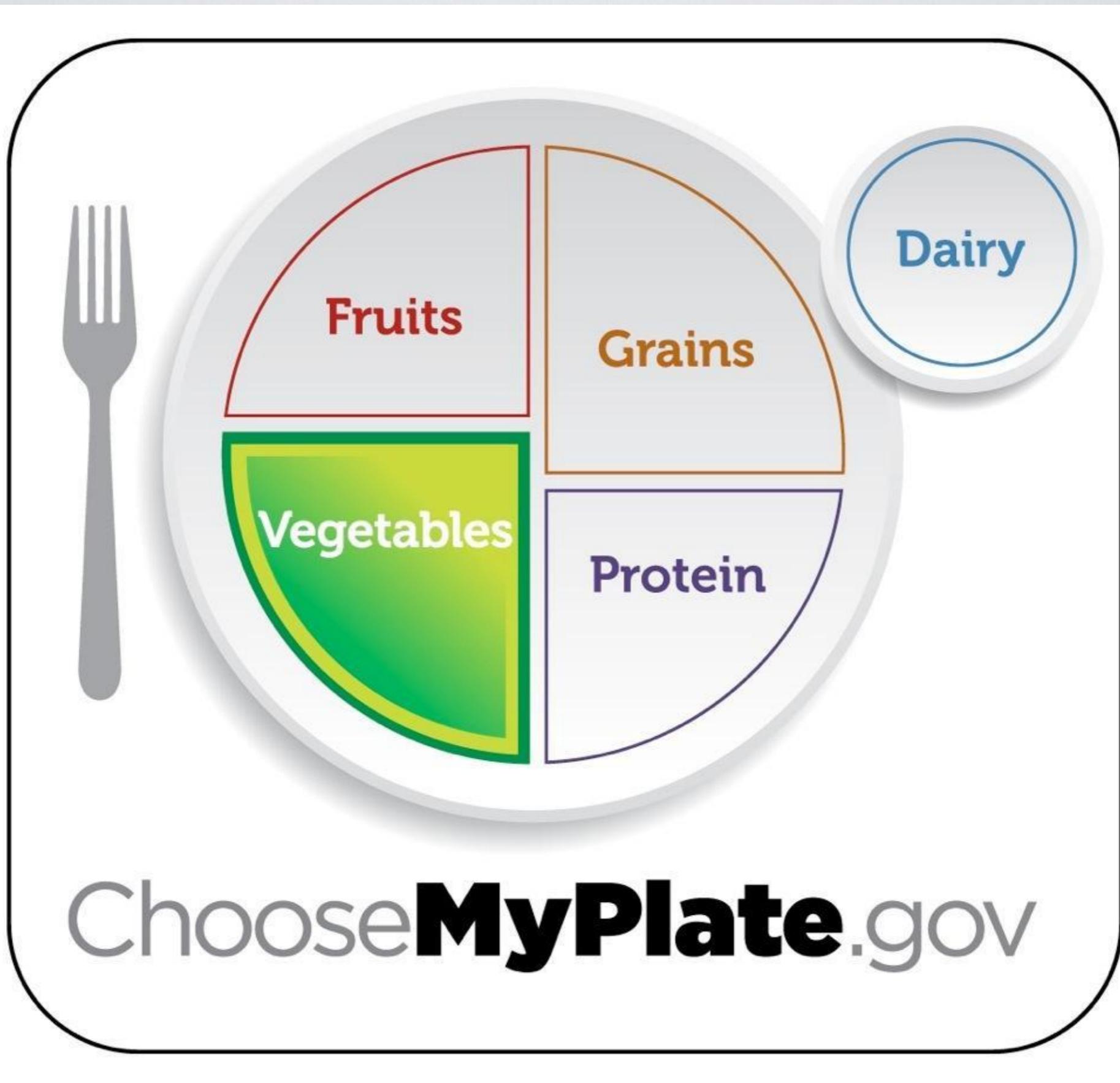
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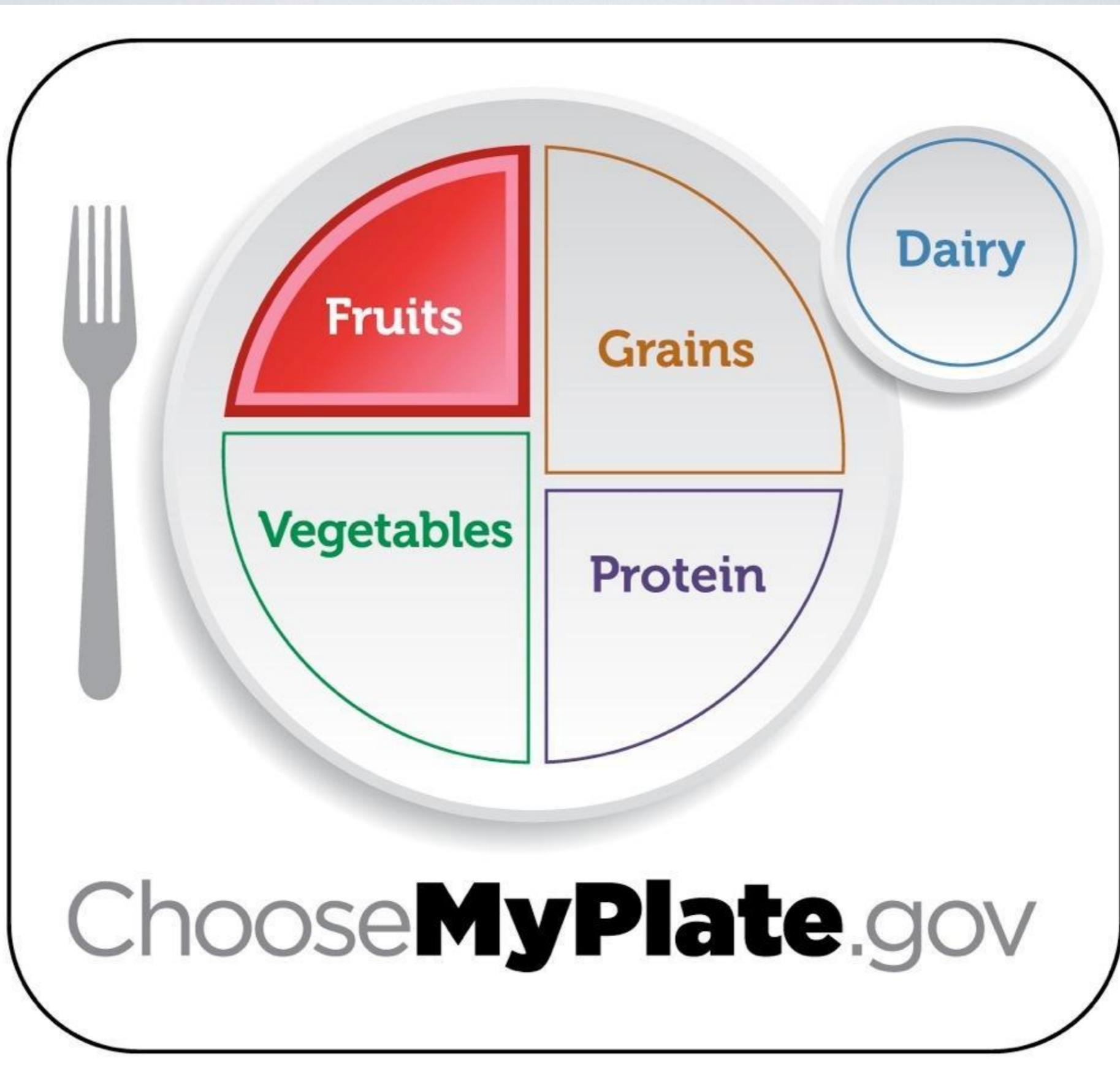
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Using your “What Did I Eat” chart, follow the directions to complete the assignment.

What Do I Eat? Daily Eating Chart

Name:  
Period:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	-1 bowl Shredded Wheat -½ cup skim milk  Drink: 1 glass skim milk	-3 pumpkin muffins -1 Banana  Drink: 1 Glass skim milk	-1 bowl Oatmeal -½ cup raisins -1tbsp brown sugar -½ cup 2% milk Drink: 1 glass water	-1 bowl oatmeal -½ cup raisins -½ cup strawberries  Drink: 1 cup skim milk -1 glass water	-2 bowls shredded wheat -1 glass skim milk  Drink: 1 glass water
<b>Lunch</b>	-1 Turkey & Cheese Sandwich (Wheat Bread)  -1 Bowl Salad (Italian)  Drink: 1 Glass Water	-1 Turkey & Cheese Sandwich with lettuce  -1 apple  Drink: 3 glasses water	-1 turkey, cheese & lettuce wrap   Drink: 2 glasses water	-2 bowls cream of mushroom soup  -15 wheat crackers  Drink: 2 glasses water	NOTHING   Drink: Nothing
<b>Dinner</b>	-2 Bowls Tortellini Soup -3 Bread Sticks  Drink: 2 Glasses Water	-2 servings whole wheat pasta with chicken & sun dried tomatoes in red sauce  Drink: 2 glasses water	-1 6” Turkey sub with lettuce, tomato, pickles, banana peppers, cheese (SUBWAY) -1 bag Baked BBQ Chip  Drink: 1 glass lemonade	-5 slices Ham & cheese PIZZA (Papa Johns) -1 apple  Drink: 4 glasses water	-Chicken nachos with lettuce, tomato, veggies (FREEBIRDS)  Drink: 1 glass water
<b>Snacks</b>	-1 Cup trail mix	-2 cups trail mix -1 apple -1 trial size Snickers Milky Way, Musk... -3 Choc. Chip Cookies -3 Glasses Water	-2 Cups trail mix -2 Choc. Chip Cookies -1 glass skim milk -½ cup shredded wheat -1 cup Rold Gold Mix	-1 blueberry smoothie (homemade)	
	<b>Grade:</b>	<b>Grade:</b>	<b>Grade:</b>	<b>Grade:</b>	<b>Grade:</b>

## myPlate Assignment

### On the other side

From your daily eating chart, place all the foods you ate during the two weeks in the appropriate food group. Make sure you record **every time** you ate the particular food. If more room is needed, use the side spaces to record information.

### On the this side

1. Based on the MyPlate diagram and the website <http://www.choosemyplate.gov> complete these tasks.

A) Give an overall assessment about your current diet. How would you describe your current diet? (25pts)

B) **List** your **strengths** (the good things about your diet) and **weaknesses** (the areas you are lacking and over indulging, in your current diet)? (25 pts)

2. My Plan - Give **concrete** ways you are going to improve your nutrition intake (eating!). Come up with a plan! Make sure you give **specific** and **realistic** ways you will help improve your eating. (50 pts)

## myPlate Assignment

### On the other side

From your daily eating chart, place all the foods you ate during the two weeks in the appropriate food group. Make sure you record **every time** you ate the particular food. If more room is needed, use the side spaces to record information.

### On the this side

1. Based on the MyPlate diagram and the website <http://www.choosemyplate.gov> complete these tasks.
  - A) Give an overall assessment about your current diet. How would you describe your current diet? (25pts)

In looking at my eating habits over the last two weeks, I noticed that skip far too many meals. I'm not getting the nutrients I need to help maintain my diet. For looking at myPlate, I have far too many empty calories and eat A LOT of grains but very little vegetables. My plate seems to be very unbalanced!

- B) **List** your **strengths** (the good things about your diet) and **weaknesses** (the areas you are lacking and over indulging, in your current diet)? (25 pts)

#### Strengths

- many of the grains I eat are whole grains
- I eat a lot of proteins in the form of beans and meats
- I drink water everyday

#### Weaknesses

- too many empty calories
- hardly any vegetables
- I drink a lot of sodas
- I skip breakfast and lunch too much

2. My Plan - Give **concrete** ways you are going to improve your nutrition intake (eating!). Come up with a plan! Make sure you give **specific** and **realistic** ways you will help improve your eating. (50 pts)

I need to figure out what to eat for breakfast at least 3 times a week. For the next two weeks I'm going to eat oatmeal with berries for breakfast and see how that goes.

I like salad, so I will have a salad with my food instead of eating fries, two out of three times I eat out.

I will eat an apple or an orange or grapes for at least 4 meals next week.

# chooseMYPLATE.gov

From your daily eating chart, place all the foods and drink you consumed during the two weeks in the appropriate spots. Make sure you record **every time** you ate the particular food. If the food is mainly empty calories, place them around the plate...

## Drinks

(non dairy)



Water

||| ||| |||

||| |||

Tea

||| |||

Dr. Pepper

||| ||| |||

Chocolate

Chip Cookies

||| ||| |||



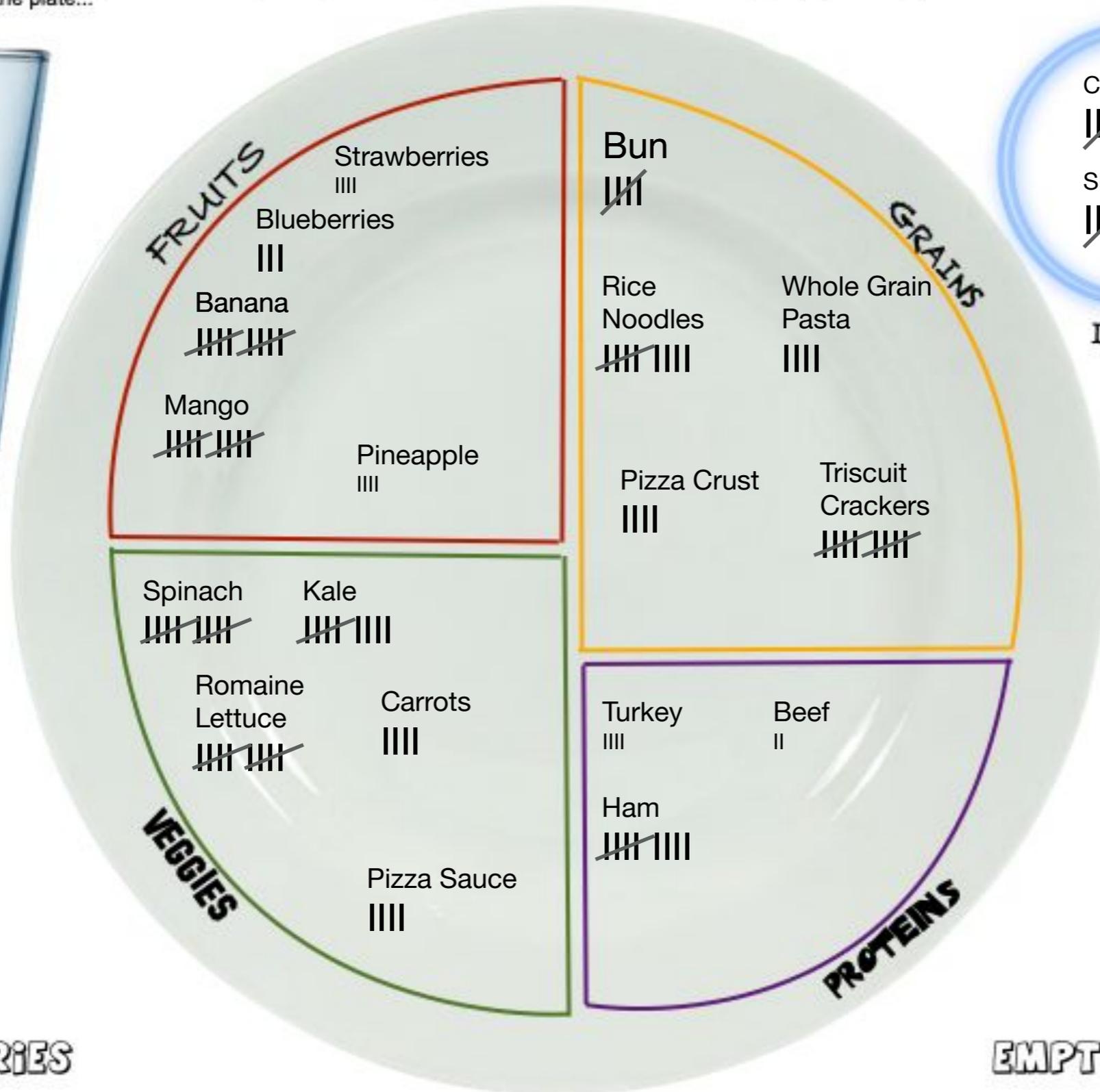
Cheese

||| |||

Skim Milk

||| |||

DAIRY



FRUITS

Strawberries

|||

Blueberries

|||

Banana

||| |||

Mango

||| |||

Pineapple

|||

Spinach

||| |||

Kale

||| |||

Romaine Lettuce

||| |||

Carrots

|||

VEGGIES

Pizza Sauce

|||

Bun

|||

Rice Noodles

||| |||

Whole Grain Pasta

|||

GRAINS

Pizza Crust

|||

Triscuit Crackers

||| |||

Turkey

|||

Beef

||

Ham

||| |||

PROTEINS

Hot Cheetos

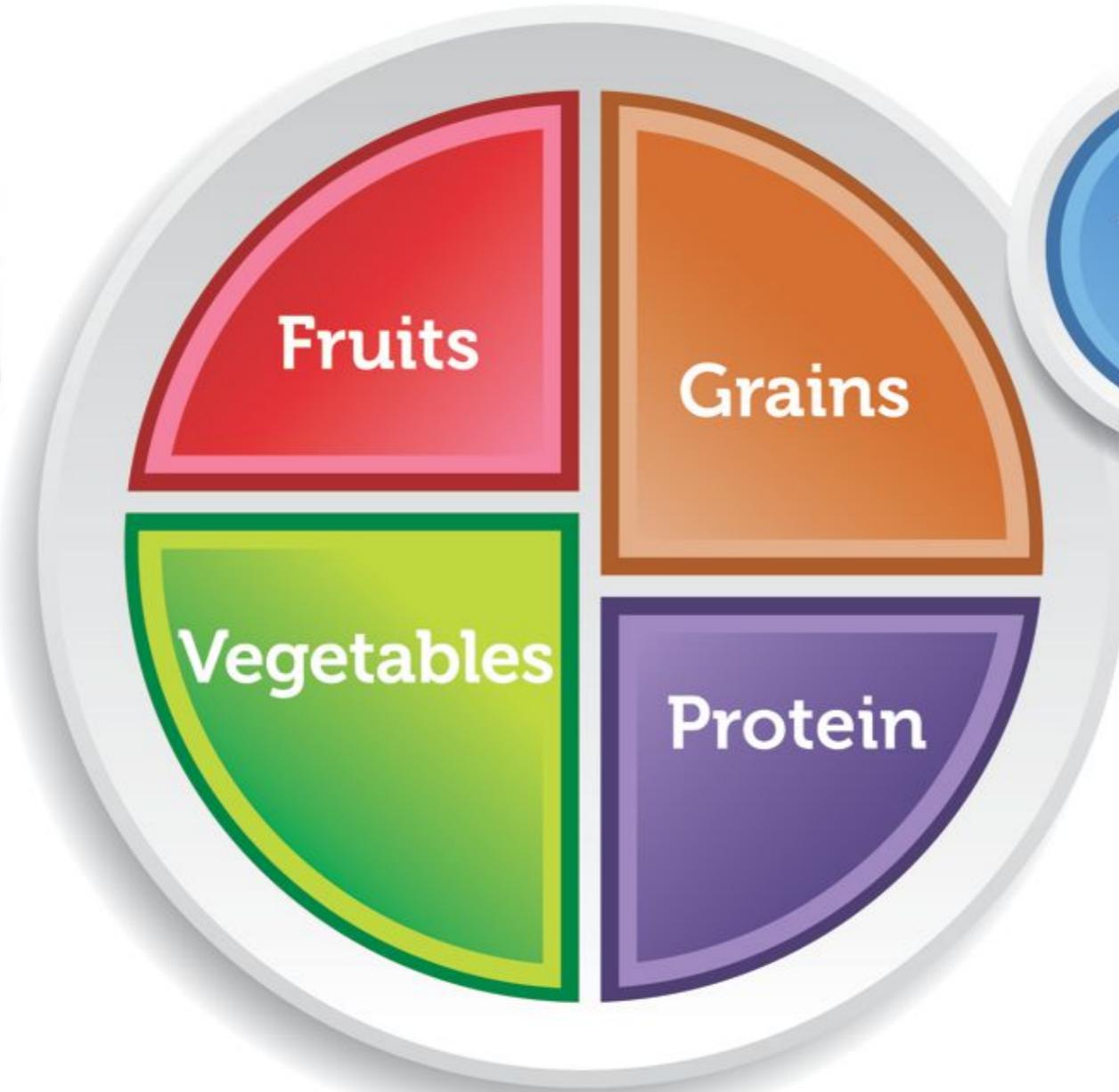
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Ice Cream

|||

EMPTY CALORIES

EMPTY CALORIES



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## Average amounts for weekly menu:

Food group	Daily average over 1 week
<b>GRAINS</b>	<b>6.2 oz eq</b>
Whole grains	3.8
Refined grains	2.4
<b>VEGETABLES</b>	<b>2.6 cups</b>
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
<b>FRUITS</b>	<b>2.1 cups</b>
<b>DAIRY</b>	<b>3.1 cups</b>
<b>PROTEIN FOODS</b>	<b>5.7 oz eq</b>
Seafood	8.8 oz per week
<b>OILS</b>	<b>29 grams</b>
<b>CALORIES FROM ADDED FATS AND SUGARS</b>	245 calories

<b>Nutrient</b>	<b>Daily average over 1 week</b>
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AT)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg