

Name: \_\_\_\_\_



# What do you eat?

Record everything you eat for one day. Be sure to include breakfast, lunch, dinner and all snacks. Then, calculate how many servings of fruits, vegetables, protein, grains and dairy using the key below.

- 1 serving of **fruit** = 1/2 cup fruit or 1 whole apple, banana, or orange;
- 1 serving of **vegetables** = 1/2 cup cooked vegetables or 1 cup raw leafy greens
- 1 serving of **protein** = 1 tablespoon peanut butter, 1 egg, or 2-3 ounces meat
- 1 serving of **grains** = 1 slice bread, waffle or pancake, 1/2 cup cooked rice or pasta, or 1 cup cereal
- 1 serving of **dairy** = 1 cup milk or yogurt or 1 ounce cheese

Create a bar graph of what you ate by coloring one box for every serving of food you ate in the grid below.

<b>Servings</b>	8					
	7					
	6					
	5					
	4					
	3					
	2					
	1					
		<b>Fruits</b>	<b>Vegetables</b>	<b>Protein</b>	<b>Grains</b>	<b>Dairy</b>

How does your graph compare to the USDA's MyPlate recommendations?

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