Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Food Diary**

This is a two day assignment.

**Day One:** On a separate sheet of paper, you are to write down everything you have eaten so far today, and everything you eat for rest of the day. Try to make it as normal of a day as possible.

**Day Two:** You will still need to write down everything you eat, but for Day Two, you are to try and follow the recommendations on the Food Guide Pyramid.

Fill in your results in the chart below and answer the questions at the end of this page.

|  |  |  |  |
| --- | --- | --- | --- |
| **Major Food Group** | **Recommended Daily Servings** | **My Number of Servings – Day One** | **My Number of Servings – Day Two** |
| Bread, cereal, rice and pasta | 6-11 |  |  |
| Fruits | 2-4 |  |  |
| Vegetables | 3-5 |  |  |
| Meat, poultry, fish, dry beans, eggs and nuts | 2-3 |  |  |
| Milk, yogurt and cheese | 2-3 |  |  |
| Fats, oils and sweets | Use sparingly |  |  |
| Exercise | 1 hour |  |  |

\* Be sure you are aware of what constitutes a serving size. Read food labels carefully!

1. On a scale of A – F, in terms of healthy eating, what grade would you give yourself for Day One? \_\_\_\_\_\_\_\_
2. What grade would you give yourself for Day Two? \_\_\_\_\_\_\_\_\_\_\_\_
3. What would you say is your personal greatest barrier to healthy eating?
4. If you wanted to improve your eating habits by cutting one specific food out of your diet and adding one new food, what would you cut out, and what would you add?