

**Use the following procedure to analyze your daily diet.**

On the back of this page, list all of the food that you ate yesterday. Include meals and snacks.

Use the information in the chart below to estimate the number of servings you ate from each food group. Feel free to discuss with other members of the class how to break down and assign servings to complex foods you ate. For example, if your breakfast consisted of a small glass of milk and a piece of toast, you might estimate that you consumed 1 serving from the milk group and 1 serving from the grain group for breakfast. Complete such an estimate for each meal or snack.

Enter into the worksheet the number of servings that you consumed from each food group at each meal and the total servings from all snacks.

Add the numbers across each row to determine the total number of servings you ate from each food group during the day. Enter these totals in the “personal profile” column and write tick marks in the class profile column on the board.

Copy the information from the composite your teacher constructed for a “typical” student into the column labeled “class profile.”

**Figure 1** Dietary analysis worksheet.

Food Groups	Breakfast	Lunch	Dinner	Snacks	Personal Profile	Class Profile
<b>Milk group</b> Milk (1 cup), cheese (1 slice), milk shake (10 oz), yogurt (1 cup), ice cream (½ cup), pizza* (½ of 12-in pie)						
<b>Meat group</b> Beef, pork, chicken, fish (3 oz); eggs (1); luncheon meats (1 slice); nuts, seeds (¼ cup); pizza* (½ of 12-in pie)						
<b>Fruit group</b> Apples, bananas, pears (1 medium); grapes, strawberries (½ cup); grapefruit (½ medium)						
<b>Vegetable group</b> Broccoli, cauliflower, green beans (½ cup); potatoes, mashed (½ cup), baked (1 large), french fried (10 strips); peas (½ cup); tossed salad without dressing (½ cup)						
<b>Grain (bread and cereal) group</b> Bread (1 slice), cereal (1 oz), muffin (1 small), rice (½ cup), pancake (4 in), tortilla (corn, 6 in; flour, 8 in), pizza* (½ of 12-in pie), beans (½ cup)						
<b>Fats, oils, and sweets group</b> Chips, pretzels, etc. (1 oz); salad dressing (1 tbsp); soft drinks (12 oz); pie (½ of 9-in pie); cake (1/16); candy (1 oz); cookies (2 small); pizza* (½ of 12-in pie)						

\*Count cheese pizza as 1 serving in the milk, grain, and fat groups. Count pizza with a meat topping as 1 serving in the milk, grain, meat, and fat groups.