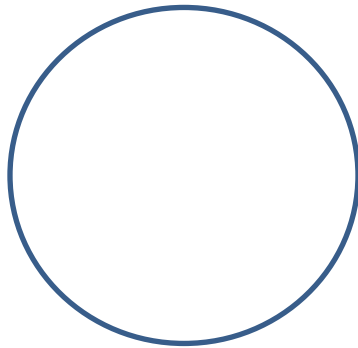


Name _____

1. What is your calorie goal for the day?
2. What is your carbohydrate goal for the day?
3. What is your fat goal?
4. What is your protein goal?
5. How far off of your calorie goal were you?
6. How far off of your carbohydrate goal are you?
7. How far off of your fat goal are you?
8. How far off of your protein goal are you?
9. What was your highest carbohydrate item? Was the food full of simple or complex carbohydrates?
10. What was your highest fat item? Was the food full of saturated or unsaturated fats?
11. What was your highest protein item? Was this the same as your highest fat item?

12. What food items can you add / delete to meet your nutrient goals listed?
13. In which meal (breakfast, lunch, dinner or snacks) did you consume the most calories?
14. Did any of the food's nutrients surprise you?
15. What is your calcium goal and how close are you to meeting it?
16. What is your iron goal and how close are you to meeting it?
17. Draw the pie chart for 'Your Values'. Add numbers and nutrient names.



18. How close is your pie chart to where it should be?
19. Overall, what 'grade' would you give your day's food in relation to how healthy it is.
Explain why. (Because my food is 'healthy' is not an answer).