

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

Period: \_\_\_\_\_ Date: \_\_\_\_\_

# [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Instructions:

Track your diet:

1. Login to [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. Select the link that says, "*super tracker & other tools*" on the top of the screen.
3. Select the option to "*create profile*".
4. Enter your information and select a **username** that you can **remember**.
5. Don't forget to select whether you want to ***maintain your weight*** or ***move to a healthier weight***.
6. Click "***submit***". This will log you in.
7. Go to the top of the screen and select "***my plan***".

Record following recommendations for your personalized diet:

CALORIE  
ALLOWANCE: \_\_\_\_\_

EMPTY  
CALORIES: \_\_\_\_\_

PHYSICAL  
ACTIVITY  
TARGET: \_\_\_\_\_

GRAINS: \_\_\_\_\_

VEGETABLES: \_\_\_\_\_

FRUITS: \_\_\_\_\_

DAIRY: \_\_\_\_\_

PROTEIN: \_\_\_\_\_

OILS: \_\_\_\_\_

RECORD 3 DIET TIPS FROM THE RECOMMENDATIONS:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# FOOD TRACKER

1. Click on the link that says *"Food Tracker & Activity"* on the top of the screen.
2. Log in using your *username* and *password*.
3. Find the *"TRACKER"*.
4. Enter a food into the box.
5. Select the correct item that comes up on the list and enter the correct information.
6. Enter another food and follow the same steps.
7. When you have finished entering all of your foods, look at the graph on the upper right hand side of the screen.

Record the Percentages of each of the food groups that you consumed:

	DAY 1	DAY 2
GRAINS:	_____	_____
VEGETABLES:	_____	_____
FRUITS:	_____	_____
DAIRY:	_____	_____
PROTEIN:	_____	_____

Now Record the following information analyzing your daily limits:

	DAY 1	DAY 2
Total Calories Eaten:	_____	_____
Empty Calories:	_____	_____
Oils Eaten:	_____	_____
Saturated Fat:	_____	_____
Sodium:	_____	_____

Describe 3 things you learned from this assignment:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you use this information to help you maintain good health:

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