MyPyramid Diet Analysis	Day:
Name:	Date:

My Intake: Amount Eaten in Food Groups (ounce or cup equivaler								
My Intake:		t Eaten in	rood G	roups (d		cup eq	uivalents)	
Food or Beverage	Grains (oz- equiv)	Vegetable (cups)	Fruit (cups)	Milk (cups)	Meat (oz- equiv)	Oils (tsp)	Discretionar Calories	

Total Daily Amount Eaten in MyPyramid Food Groups									
	Grains (oz- equiv)	Vegetable (cups)	Fruit (cups)	Milk (cups)	Meat (oz- equiv)	Oils (tsp)	Discretionary Calories		
Day One									
Day Two									
Day Three									
Day Four									
Day Five									
Day Six									
Day Seven									
Average (Total ÷ # of Days)									
Recommended (Refer to your MyPyramid Plan)									
Shortage									
Surplus									

Target Behavior: Meet my recommended intake within energy needs by adopting a balanced eating plan. Using MyPyramid Plan, I will select a variety of foods and eat the recommended amount in each food group.

Food group(s) in which I met the recommended amount of food most days:

Food group(s) in which I ate  $\emph{less than}$  the recommended amount of food most days:

Food group(s) in which I ate *more than* the recommended amount of food most days: