**Name**:

**Directions**: This worksheet is designed to help you determine how many servings of the *2015-2020 Dietary Guidelines* you consume. This will give you a chance to review the recommended amounts, and see how you compare.

1. The 2015-2020 Dietary Guidelines are listed in the chart below and will be used to analyze your food intake.
2. Page 2 contains a food log, where you will record all of the food and beverages you consume.
3. Page 3 contains a table where you will analyze your nutritional intake compared to the USDA Dietary Guidelines and then answer a series of self-evaluation questions.

|  |
| --- |
| **2015-2020 USDA Dietary Guidelines**  **Note**: The following are based on a 2000 calorie diet for an 18+yr old adult according to the 2015-2020 Dietary Guidelines.  **Dairy**: USDA Recommended amount: 3 cups/day   * **What counts as 1 cup:** 6 ounce portion of fat-free yogurt is equal to 3/4 cup-equivalent dairy; 1 1/2 ounces portion of cheddar cheese is equal to 1 cup-equivalent dairy   **Protein**: USDA Recommended amount: 5.5 ounces/day   * **What counts as 1 ounce:** 1 large egg is equal to 1 ounce-equivalent protein foods; 2 tablespoons of peanut butter is equal to 2 ounce-equivalents protein foods; 1 ounce portion of walnuts is equal to 2 ounce-equivalents protein food; 1/2 cup portion of black beans is equal to 2 ounce-equivalents protein foods; 4 ounce portion of pork is equal to 4 ounce-equivalents protein foods   **Fruits**: USDA Recommended amount: 2 cups/day   * **What counts as 1 cup:** 1/2 cup portion of strawberries is equal to 1/2 cup-equivalent fruit; 3/4 cup portion of 100% orange juice is equal to 3/4 cup-equivalent fruit; 1/4 cup portion of raisins is equal to 1/2 cup-equivalent fruit   **Vegetables**: USDA Recommended amount: 2.5 cups/day   * **What counts as 1 cup:** 1/2 cup portion of green beans is equal to 1/2 cup-equivalent vegetables; 1 cup portion of raw spinach is equal to 1/2 cup-equivalent vegetables   **Grains**: USDA Recommended amount: 6 ounces/day   * **What counts as 1 ounce:** 1 slice of bread is equal to 1 ounce-equivalent grains; 1/2 cup portion of cooked brown rice is equal to 1 ounce-equivalent grains   **Sugar**: USDA Recommended amount: minimal/day   * Consume less than 10 percent of calories per day from added sugars   **Fat**: USDA Recommended amount: minimal/day   * Consume less than 10 percent of calories per day from saturated fats |

*Retrieved from* [*https://health.gov/dietaryguidelines/2015/resources/2015-2020\_Dietary\_Guidelines.pdf*](https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf) *on 04/08/2019.*

**Food Log: Nutritional Intake Tracking**

**Directions:**

Record your meals, snacks, drinks, etc. over a 3 day period. For each meal, provide the date, your meal content, and determine the number of servings from each food group. Provide complete details and data (see example row below).

|  |  |  |
| --- | --- | --- |
| **Date** | **Record meal content here** | **Record servings and of which food group** |
| **Example:**  5/12 Breakfast | ½ cup of oatmeal (made with water), ¼ of raisins, 2 cups of coffee (with 1 tsp. sugar each). | Grain: 1 oz. serving  Fruit: ¼ cup dried fruit = ½ cup fresh fruit  Sugar: 2 tsps. |
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**Nutritional Intake Analysis and Self-evaluation**

**Directions:**

Review the Food Log of your intake for the 3 day period. In the chart below, for each day, record the number of servings you consumed from each category. Analyze your intake compared to the USDA guidelines and answer the self-evaluation questions in complete sentences, using proper spelling and grammar.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Dairy Servings** | **Protein Servings** | **Fruit Servings** | **Vegetable Servings** | **Grain**  **Servings** | **Sugar**  **Servings** | **Fat**  **Servings** |
| Day 1 |  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |  |
| Day 3 |  |  |  |  |  |  |  |
| Daily USDA Dietary Guidelines for an Adult\* | 3 cups | 5.5 ounces | 2 cups | 2.5 cups | 6 ounces | minimal | minimal |

**\*** Based on a 2000 calorie diet for an 18+yr old adult according to the 2015-2020 Dietary Guidelines.

**Self-evaluation Questions:**

1. In which areas of your nutritional intake did you do well?
2. Which areas of your nutritional intake need adjustment?
3. What are some specific eating/drinking changes you could make to better balance your nutritional intake?
4. After analyzing your nutritional intake and comparing it to the USDA guidelines, what surprised you?