

Assessment 6.2: Food Analysis possible points 10.

Using your information from mypyramid.gov. Analysis your diet.

Go to: Report - Food Details

Include the following:

- Based on your height, weight and activity, how many calories are you supposed to consume each day?
- Total Calories Consumed
- Daily average calories.
- Did you meet the RDA's (Recommended Daily Allowance) each day?
- If Yes, list the totals in each food group for each day?
- Example: Day 1: Vegetables 3 oz.
- If no, list the food group/s you were lacking in?
- Example: Day 2: Fruits 1 oz - needed to eat more fruit.
- How many discretionary calories did you consume?
- Explain if you had a healthy or unhealthy diet.
- What foods did you consumed that indicated a healthy diet?
- What foods did you consume that indicated an unhealthy diet?
- What changes can you make to improve your diet?