

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Period: \_\_\_\_\_

## **HOW WELL DO YOU THINK YOU EAT?**

	How much do you <i>think</i> you should be eating each day?	How much do you <i>actually</i> eat each day?
Fruits		
Vegetables		
Grains		
Dairy		
Protein		
Oils		
Added Sugars		

What are 2 things you could do to increase or decrease the amount of *fruits* you eat each day?

1.)

2.)

What are 2 things you could do to increase or decrease the amount of *vegetables* you eat each day?

1.)

2.)

What are 2 things you could do to increase or decrease the amount of *grains* you eat each day?

1.)

2.)

What are 2 things you could do to increase or decrease the amount of *dairy* you eat each day?

1.)

2.)

What are 2 things you could do to increase or decrease the amount of *protein* you eat each day?

1.)

2.)