

Name:

Date:

Build Healthy Meals

Instructions

Use SuperTracker's Food Tracker feature to build a 1-day menu that meets your daily food group targets and stays within your daily calorie allowance.

You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>

1. What did you plan for breakfast in your menu?

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2. How many total calories are in the daily menu you created? _____ Calories

3. How much of each food group does your menu include?

Grains _____ ounces

Vegetables _____ cups

Fruits _____ cups

Dairy _____ cups

Protein Foods _____ ounces

4. How many grams of saturated fat are in the daily menu you created? _____ grams

5. Did you go over your saturated fat limit? If yes, what changes could you make to lower the saturated fat in your menu?

Yes _____

No

6. How many grams of added sugars are in the daily menu you created? _____ grams

7. Did you go over your added sugars limit? If yes, what changes could you make to lower the added sugars in your menu?

Yes _____

No

8. How much sodium is in the daily menu you create? _____ milligrams

9. Did you go over your sodium limit? If yes, what changes could you make to lower the sodium in your menu?

Yes

No

10. How difficult was it to plan a daily menu that meets all five food group targets within your calorie allowance? Check one:

It was easy

It was difficult

It was neither easy nor difficult

11. Would you eat the foods you selected for your menu? Why or why not?

Yes _____

No _____

12. Did you include any foods that you do not typically eat that you would like to try? If yes, please list them.

13. Describe similarities and differences between the daily menu you created and what you typically eat.

Similarities (for example, I drink low-fat milk, which was included in my menu):

Differences (for example, I typically eat less fruits and vegetables than the menu I created):
