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?

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
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):

________________________________________________________________________

________________________________________________________________________