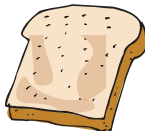
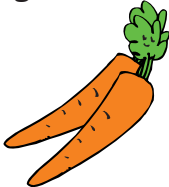


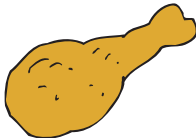


Total Servings By Food Group Comparison (page 1)

Directions:

1. Using the information from your “A Day in the Life of MyPlate Chart” activity sheet, list each of the foods you ate in the appropriate food group.
2. Add the total number of servings for each food group or category.

Food Group	Foods I ate or drank and the number of servings of each	Total number of servings I ate in each food group
Grains Group 		
Vegetable Group 		
Fruit Group 		
Dairy Group 		
Protein Group 		

Total Servings By Food Group Comparison (page 2)

3. Transfer the total number of servings in each food group to this table, answer questions 4 and 5, and fill in the remaining columns of the table.

Food Group	MyPlate suggested servings	Total number of servings I ate	I ate <, >, or = MyPlate servings	Number of servings I will add or subtract to reach suggested servings	
				ADD	SUBTRACT
Grains Group	6 oz.				
Vegetable Group	2 ½ cups				
Fruit Group	1 ½ cups				
Dairy Group	3 cups				
Protein Group	5 oz.				

4. For each food group, do you need to add or subtract servings in order to meet the suggested number of servings? On the table above, write the number of servings you need to add to or subtract from each food group to meet the daily requirement recommended by MyPlate.
5. Write a sentence for each food group that explains how your total number of servings compared with the MyPlate suggested servings. Use the mathematical symbols more than (>), less than (<), or equal to (=) when making your comparisons. Be specific in the changes you need to make in your diet.

Grains Group:



Vegetable Group:



Fruit Group:



Dairy Group:



Protein Group:

