

Investigating Your Health: Managing Your Meals

Name: _____

Objective: Investigate meal management by completing a 24-hour recall, comparing your results to the guidelines, and by making suggestions for improvement. Identify the benefits of eating healthy and the consequences of an unhealthy diet.

Meal management means planning what you eat ahead of time. You should do this so that you are able to eat a well-balanced diet. The food groups include fruits, vegetables, grains, protein, and dairy. Each day you should eat 1 ½ cups of fruit, 2 ½ cups of vegetables, 6 ounces of grains (make ½ whole grains), 5 ounces of protein, and 3 cups of dairy. Eating the recommended amounts of each food group may help to prevent disease and support your body with the nutrients it needs. By overeating or eating too many empty calorie foods, you are putting yourself at risk for becoming overweight, developing dental cavities, and experiencing heart problems, diabetes, high blood pressure, and other diseases.

Empty calories are foods that provide calories, but have little to no other nutritional value. Candy and soda are examples of empty calorie foods. Although meal management is important, you should allow for some flexibility in your planning. A certain food you had planned on eating may not be available, or your friends and family might influence you to eat something else.

A **24-hour recall** is when a person is asked to recall all of the food and drinks he/she had within the past 24 hours. This is only one of the many ways you can evaluate your diet.




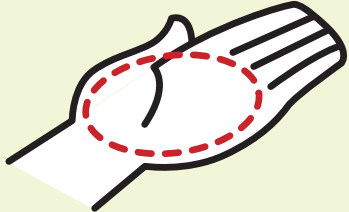


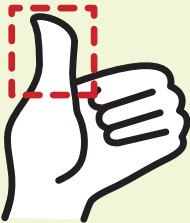

1. The first step is recording a quick list of everything you had to eat or drink in the past 24 hours.
2. Next, add more detail onto your quick list. This step includes recording times you ate or drank something, brand names, foods eaten in combination, and the quantity. Some examples of foods eaten in combination include milk in cereal and ingredients in a sandwich or salad.
3. The third and final step is to review your list and add anything you may have missed, or any more details you remember.

Evaluating your diet will help you identify if you are following the recommendations for each food group and if you have any improvements to make. Use the *Try This at Home* recipe to help you plan a day's worth of balanced meals!

Food Group	Amount	Examples
Protein Foods	5 ounces daily	1 oz = 1 egg, 1 tbsp peanut butter, ¼ cup cooked beans, 1 oz meat or 1 slice lunchmeat
Grains	6 ounces daily	1 oz = 1 slice bread, ½ cup pasta or oatmeal, or 1 cup dry cereal
Vegetables	2 ½ cups daily	½ cup = ½ cup raw or cooked vegetables or 1 cup leafy green vegetables
Fruits	1 ½ cups daily	½ cup = ½ cup canned fruit or 1 small orange or peach
Dairy	3 cups daily (2 cups under age 8)	1 cup = 1 cup of milk or yogurt, 2 slices cheddar cheese or 3 slices American cheese

Recalling Nutrition

1. Using the table below as a guide, complete a 24-hour recall for yourself. Choose a day that best represents your normal eating habits.

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

My 24-Hour Recall

Date: _____

Day of the Week: _____

Time	Quantity	Food or Drink	Who you ate with
7:15 AM	1 cup	Honey Nut Cheerios	No one else
	1 cup	2% Milk	No one else
10:00 AM	1 small	Apple	Friends
11:30 AM	2 slices	Whole wheat bread	Friends
	2 ounces	Deli Ham	Friends
	1 Tbsp.	Mayonnaise	Friends
	$\frac{1}{8}$	Tomato	Friends
	1 small bag	Lays Classic Potato Chips	Friends
	1 cup	Peach Yogurt	Friends
	1 cup	Water	Friends
1:00 PM	1 cup	Gatorade	No one else
3:00 PM	1 large	Banana	No one else
5:30 PM	1 cup	Spaghetti	Family
	$\frac{1}{2}$ cup	Pasta sauce	Family
	3 ounces	Skinless chicken breast	Family
	2 cups	Cooked broccoli	Family
	1 slice	Garlic bread w/ butter	Family
6:30 PM	1 $\frac{1}{2}$ cups	Mint chocolate chip ice cream	Family

2. Record how much you ate from each food group.

Fruits	Vegetables	Grains	Protein	Dairy
2 cups	2 $\frac{1}{2}$ cups	6 oz.	5 oz.	3 cups

3. How does your intake (from question 2) compare to how much you should be eating?

Fruits	Vegetables	Grains	Protein	Dairy
1 $\frac{1}{2}$ cups	2 $\frac{1}{2}$ cups	6 ounces	5 ounces	3 cups
I ate $\frac{1}{2}$ cup too much	I ate the correct amount	I ate the correct amount	I ate the correct amount	I ate the correct amount

4. Identify two ways you can eat more healthfully.

Multiple responses possible.

Example: I should try not to eat potato chips because they are empty calories. I could drink water instead of Gatorade. I should try to eat about $\frac{1}{2}$ cup less fruit per day. I could have yogurt instead of ice cream for dessert at dinner

5. How do your personal values/beliefs influence your food choices?

Multiple responses possible. I think being healthy is very important, so I try to eat the correct amount of each food group; and I try not to eat too many sweets.

6. How do your friends influence your food choices?

Multiple responses possible. Sometimes my friends influence me to eat candy and drink soda.

7. Name 3 benefits of healthy eating.

Multiple responses possible. Healthy weight; reduced risk of chronic disease; higher energy level; improved mental capacity

8. Identify 3 consequences of not eating healthfully.

Multiple responses possible. Weight gain; dental cavities (from too much sugar); develop heart problems; high blood pressure; other chronic diseases (diabetes, stroke, etc.)