**Food pyramid log**

**This project is due by April 1, 2014**

Students will keep a food log for 3 full days using super tracker on myplate.gov. The directions to get on Super tracker are listed below. **Students must eat at least 2 meals a day. Please eat and add your meals.** If your food is not listed, find the next closest food. Please be careful of ethnic foods, they may not appear on the food pyramid.

Go to <http://www.choosemyplate.gov/>

Create an account

Click on Weight management and calories. (On top of page)

Click on Super tracker and then again

Click on food tracker

At the end of the 3 days, click on My plan and then nutrient report. In this report you will put in your days you completed this project.

Use this information to complete the page attached to this sheet.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Pyramid

1. **Look at your caloric intake. Are you over the recommended amount or under? What are some ways you can cut or add calories?**

**2A. Were you over or under on your:**

**Intake Recommended**

**Protein**

**Carbohydrates**

**Saturated Fats**

**Sodium**

**Fiber**

**Cholesterol**

**Calcium**

**2B. Which of your nutrients/mineral has the worst number? What food choices can you make to change that number?**

**3. Which nutrient/mineral were you lowest? What foods can you eat to get more of that nutrient/mineral?**