



Name: _____

Date: _____

What's Your Plan?

<https://www.SuperTracker.usda.gov>

Instructions:

Personalize a SuperTracker profile and review your personalized plan (My Plan).

You can create a profile here: <https://www.supertracker.usda.gov/CreateProfile.aspx>

You can access your plan here: <https://www.supertracker.usda.gov/myplan.aspx>

1. According to your plan, how many calories should you eat in a day? _____ calories

2. Are you surprised by your daily calorie allowance? Check one:

- I thought it would be higher
- I thought it would be lower
- I got the calorie allowance I expected

3. What are the five food groups?

4. List three foods that are in the Grains group and the amount of each that counts as 1 ounce of Grains.

Food in the Grains Group	Amount that Counts as 1 Ounce of Grains
1.	
2.	
3.	

5. Take a look at your daily food group targets.

- a. How many ounces of Grains do you need in a day? _____ ounces
- b. How many cups of Vegetables do you need in a day? _____ cups
- c. How many cups of Fruits do you need in a day? _____ cups
- d. How many cups of Dairy do you need in a day? _____ cups
- e. How many ounces of Protein Foods do you need in a day? _____ ounces
- f. Do you think you meet your daily food group targets on a typical day? Check one:
 - Yes
 - No
- g. If you answered no, which food group(s) could you improve on?

6. According to your plan, how much seafood should you eat per week? _____

7. Why is it important to eat from each food group every day?

8. Are there any changes you would like to make to your diet based on your plan? If yes, what are they?
