Name		Date	Period	
	+-			



Directions. Complete the chart below with foods that you would normally eat or that you actually ate. You may use www.myfoodapedia.gov to help determine your calories. Subtract calories consumed from your total 2,000 calorie budget and write the balance in the correct column.

List Foods Consumed	Food Group	Amount (cups/ounces)	Calories	Balance: 2,000 Calories

Fill in the following chart with the total calories for each food group

Grains Group	Milk Group	Meat Group	Vegetable Group	Fruit Group	Oils
			·		

Answer the following que	estions.
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1.	Which group did you get the most calories from?	Why?
2.	Did you get your recommended daily allowance from each food group?not, which group(s) were you lacking in?	
3.	How many of your calories were discretionary calories?	
4.	Did you stay within your 2000 calories? If not, why?	