



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 questions.

1. Which group did you get the most calories from? \_\_\_\_\_ Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Did you get your recommended daily allowance from each food group? \_\_\_\_\_ If 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? \_\_\_\_\_  
\_\_\_\_\_