**Table for Easy Diet Analysis -USE THIS AS A GUIDE FOR YOUR REPORT NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Fruits & Veggies** | **Grain** | **Milk & Alternates** | **Protein** |
| 1 | I should have consumed **[females**- **21; males 24]** servings of this food group throughout the 72 hours. | I should have consumed **[females**- **18; males 21]** servings of this food group throughout the 72 hours. | I should have consumed **9 to 12** servings of this food group throughout the 72 hours. | I should have consumed **[females**- **6; males 9]** servings of this food group throughout the 72 hours. |
| 2 | I have eaten \_\_\_\_ **servings** of this food group throughout the 72 hours. The minimum number of servings for this time period is **[females**- **21; males 24]** | I have eaten \_\_\_\_ **servings** of this food group throughout the 72 hours. The minimum number of servings for this time period is **[females**- **18; males 21]** | I have eaten \_\_\_\_ **servings** of this food group throughout the 72 hours. The recommended range of servings for this time period is **9 to 12.** | I have eaten \_\_\_\_ **servings** of this food group throughout the 72 hours. The recommended range of servings for this time period is **[females**- **6; males 9]** |
| 3 | I am consuming **\_\_\_ servings [less than /more than]** I should be over the 3-day time period, or I am consuming the right amount of this food group. | I am consuming **\_\_\_ servings [less than /more than]** I should be over the 3-day time period, or I am consuming the right amount of this food group. | I am consuming **\_\_\_ servings [less than /more than]** I should be over the 3-day time period, or I am consuming the right amount of this food group. | I am consuming **\_\_\_ servings [less than /more than]** I should be over the 3-day time period, or I am consuming the right amount of this food group. |
| 4 | This is **about \_\_\_**servings per day **[too many/ less than I should be consuming].** | This is **about \_\_\_**servings per day **[too many/ less than I should be consuming].** | This is **about \_\_\_**servings per day **[too many/ less than I should be consuming].** | This is **about \_\_\_**servings per day **[too many/ less than I should be consuming].** |
| 5 | I will **[increase/ decrease]** my consumption of this food group by **\_\_\_ servings per day by [state exact food, exactly how much and when it will be consumed]** | I will **[increase/ decrease]** my consumption of this food group by **\_\_\_ servings per day by [state exact food, exactly how much and when it will be consumed]** | I will **[increase/ decrease]** my consumption of this food group by **\_\_\_ servings per day by [state exact food, exactly how much and when it will be consumed]** | I will **[increase/ decrease]** my consumption of this food group by **\_\_\_ servings per day by [state exact food, exactly how much and when it will be consumed]** |

|  |  |  |
| --- | --- | --- |
| **Super Foods** **(consult the Super Foods doc. on the GT website!!!!)** | **Zero Foods** | **Water & Clear Tea Consumption****The number below must match what you have recorded on your 3-day log.** |
| I have consumed **\_\_\_\_**servings of Super Foods over the 72 hours. They are: **[list all]**. From the two lists of Super Foods given on the hand-out, I can see myself regularly eating more **[list all OTHER super foods that appeal to you.]**  | I have consumed **\_\_\_** servings of Zero Foods over the 72 hours. I plan to decrease my consumption by doing the following: **[complete this sentence.]** | I have consumed **\_\_\_\_** servings of water over the 72 hours. Knowing that I need to be drinking 8 cups of water per day, **I plan to [increase/ maintain] my water consumption by doing the following:** |

1. **Besides eliminating thirst, list 3 benefits of drinking adequate water.** (Full sentence responses please – show evidence of thought and analysis)
2. **List 3 benefits of consuming a diet rich in “Super Foods”.**
3. **The most important goal for me to work on regarding my nutrition is:**

 (for example: you may discuss your eating habits; including your intake (or lack) of food groups, water, super foods. You may discuss your zero foods. You will also want to talk about the importance of a balanced and healthy diet. )

(type your answer below, you can use more space and format this page as needed and delete this line)