

## 6. EVALUATE YOUR DIET AGAINST THE FOOD GUIDE PYRAMID

AMT	FOOD	FOOD GROUP	# OF SERVINGS
1 cup	Cheerios	GRAIN	1
3/4 cup	2% milk	MILK	3/4
4.5 inch diam	Frosted jelly danish pastry	GRAIN *	1
1 grande (2 cups)	Café mocha using 1 c. cup of whole milk	MILK *	1
1—10 inch	Flour tortilla	GRAIN	1 1/3
2 ounces	Grated American cheese	MILK	1 1/3
3 Tbs.	Tomato based salsa	VEGETABLE	1/3
3/4 c.	Refried beans	MEAT	3/4
1/2 c.	Mexican rice	GRAIN	1
10 chips	Tortilla chips	Fats	1
1/4 cup	Guacamole	VEGETABLE	1/2
1 bar (1.5 oz)	Luna Energy Bar (soy protein)	MEAT *	1/4
1/2 cup	Fried tofu (in 1 tsp oil)	MEAT	1/2
3 ounces	Fried chicken (in 1 tsp oil)	MEAT	1
1 cup	Steamed white rice	GRAIN	2
1/4 cup	Steamed asparagus	VEGETABLE	1/2
1 can (12 fl.oz)	coke	Sweet	1

1/12 of 9" diam	Chocolate cake with icing	GRAIN *	1
1 glass (4 fl.oz)	Red wine	Alcohol	1
<b>FOOD GROUP</b>	<b>RECOMMENDED #</b>	<b>TOTAL # OF SERVINGS</b>	
<b>Fats, oils, sweets</b>	<b>Use sparingly</b>	<b>5</b>	
<b>MILK</b>	<b>2 to 3 servings</b>	<b>3</b>	
<b>MEAT</b>	<b>2 to 3 servings</b>	<b>2 1/2</b>	
<b>FRUITS</b>	<b>2 to 4 servings</b>	<b>0</b>	
<b>VEGETABLES</b>	<b>3 to 5 servings</b>	<b>1 1/3</b>	
<b>GRAIN</b>	<b>6 to 11 servings</b>	<b>7 1/3</b>	

Comments: No, I didn't get enough of the food groups. I ate no fruits and had less than half of the vegetables suggested. I did get enough milk, meat and grains. But some of my grains, milk and meat contained lots of sugar. ( I starred these *). I also had 5 servings of fats, sugars and alcohols.