FNU 203 Fall Quarter 2019

Out-of-Class Assignment for Friday, 10/25/19

The following assignment will provide preliminary information that you will use as part of your Diet Analysis project.

1. To determine the number of recommended servings that you need from each of the food groups, based on your individual calorie level, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).
2. Then choose the “Find Resources” tab and then choose “MyPlate Plan”. Hit “Start”.
3. Enter personal data on “Get Your MyPlate Plan” i.e. your age, sex, height, weight, and activity level.
4. After your calories have been determined, click on your calories i.e. 1800 calories, etc. and go to number of servings needed per food groups for your calorie level.
5. Put the number of servings for each food group in the chart below.

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| --- | --- |
| Food group | Number of servings recommended |
| Fruits | 1.5 cup |
| Vegetables | 2.5 cup |
| Grains | 6 oz |
| Meat and meat alternates | 5 oz |
| Milk and dairy | 3 cup |

Print a copy, include your full name, and turn in the form with the Diet Analysis project. Points will be deducted from the Diet Analysis project if this information is not submitted.