Choose MyPlate Diet Analysis WebQuest

*Go t*o: **https://www.supertracker.usda.gov/**



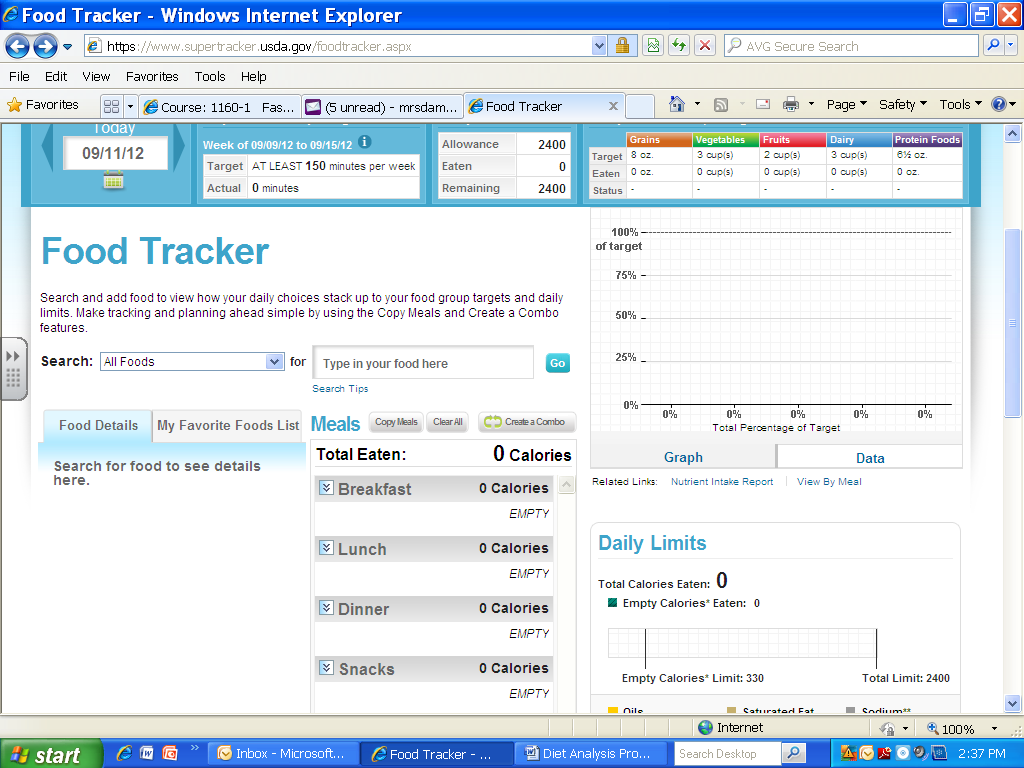
*1. Click: on the right side*

2. Complete Profile and **Submit**

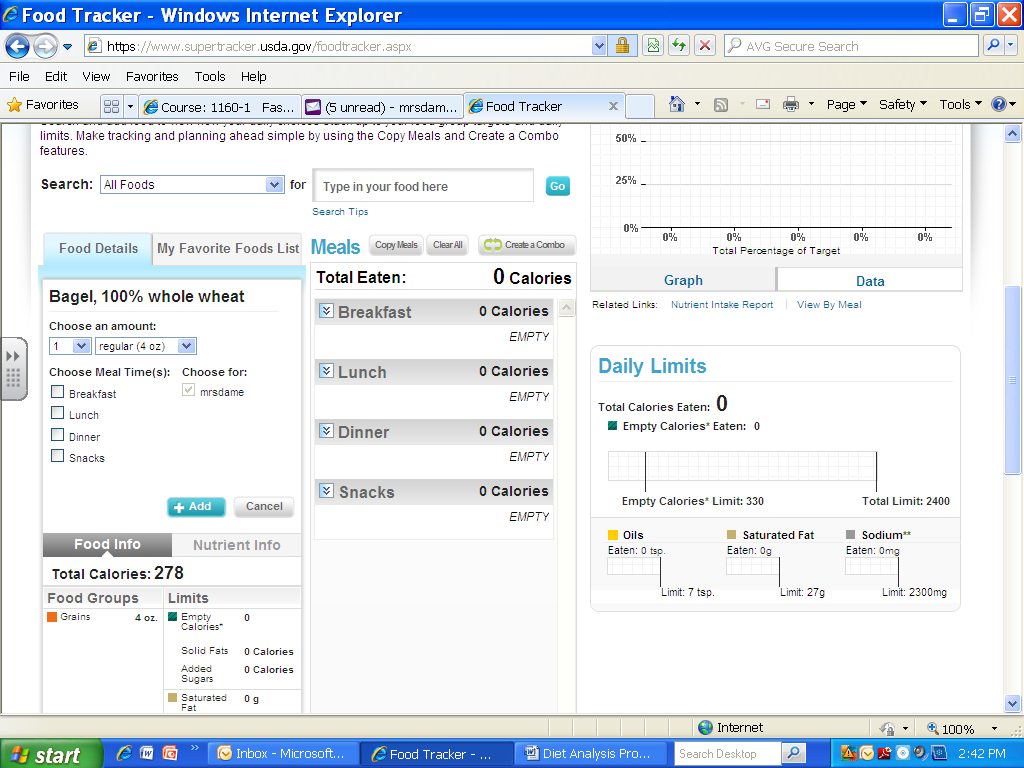


*Now Click:*

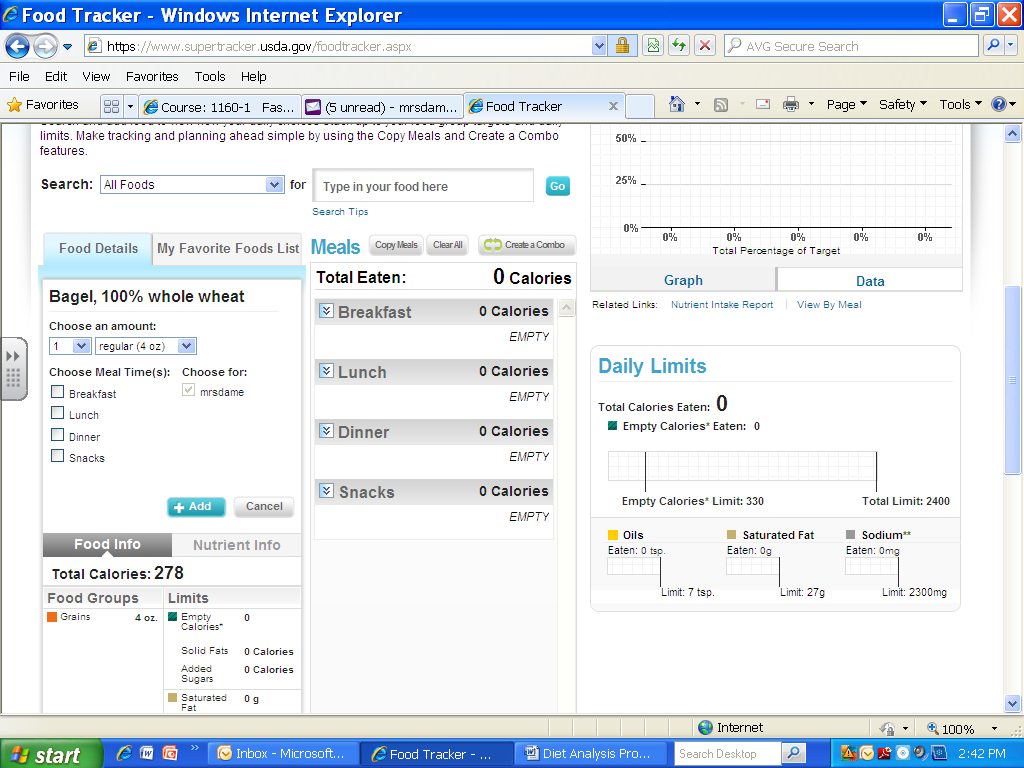
3. Type in the first food on your list and *Click* “Go”



4. Click on the food that BEST MATCHES what you ate.



5. Choose the AMOUNT you ate and the SERVING SIZE, then *Click* the “Meal Time” and



6. Continue this process until you have logged in all the food you ate.

7. Now, answer the following questions based on the current webpage:

a. What was your CALORIE ALLOWANCE?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. How many calories did you eat?\_\_\_\_\_\_\_\_\_\_

c. Which food groups did you REACH 100%?

d. Which food groups did you go over 100%?

e. Which food groups did you not have enough of?

f. What percentage of your grains were WHOLE GRAINS?\_\_\_\_\_\_\_\_\_\_\_\_\_

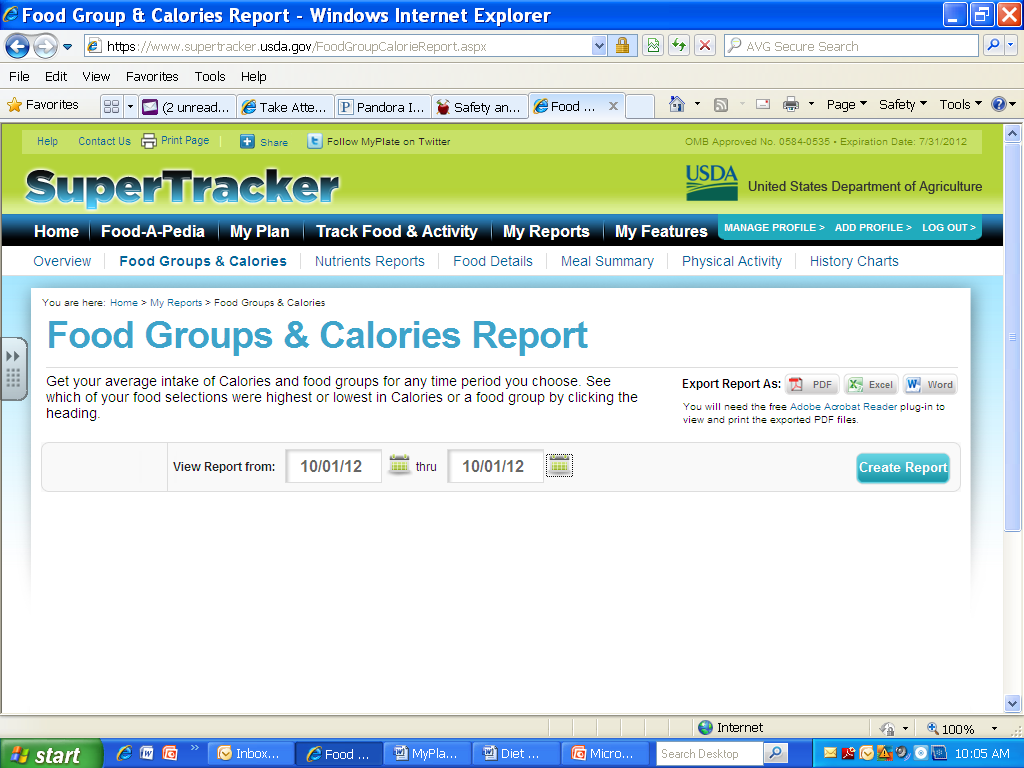
g. How much Saturated Fat did you consume? \_\_\_\_\_\_\_\_\_\_\_ Limit?\_\_\_\_\_\_\_\_\_\_\_\_

h. How much Sodium did you consume? \_\_\_\_\_\_\_\_\_\_\_ Limit?\_\_\_\_\_\_\_\_\_\_\_\_

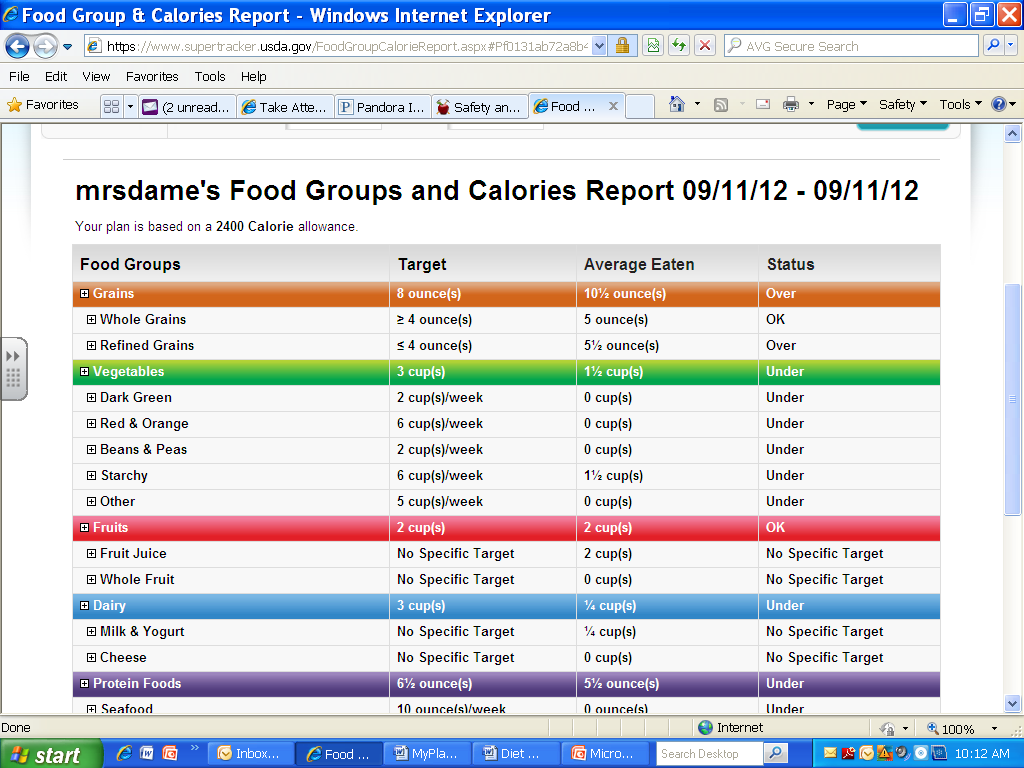
8. Under “My Reports” at the top, click on “Food Groups & Calories”



9. Choose today’s date (just like you see below) in both fields and “CREATE REPORT”



10. “Target” means the amount of food you should have tried to eat that day, not to be exceeded or under. The chart shows you how much you should have eaten of a specific type of food and the amount you actually ate. Answer the following questions about how you could improve your daily intake of foods according to the information. HINT: Clicking the button beside each food will give you information that will help you answer the questions- click it again to make the information go away (DON’T CLICK THE BACK BUTTON ON YOUR BROWSER)



a. Did you exceed your intake of REFINED GRAINS? YES or NO

b. How can you replace REFINED GRAINS in your diet?



c. Circle which types of vegetable that were UNDER average:

Dark Green Red & Orange Beans & Peas Starchy Other

d. For each type of vegetable you were under, give some examples of how you can add these SPECIFIC types of vegetables to your diet (averages are for the week)

Dark Green:

Red & Orange:

Beans & Peas:

Starchy:

e If you didn’t reach your fruit target, what are some tips to easily add it to your diet?



f. List a tip that you would actually do to get more Dairy in your daily intake?



g. Circle which categories of Protein Foods in which you had less than 1 oz:

Seafood Meat, Poultry & Eggs Nuts, Seeds & Soy

h. How can you get more types of protein in your diet?



i. How many EMPTY CALORIES are you allowed? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

j. How many EMPTY CALORIES did you consume?\_\_\_\_\_\_\_\_\_\_\_\_

k. What is an EMPTY CALORIE?

l. What food gave you the highest percentage of EMPTY CALORIES?\_\_\_\_\_\_\_\_\_\_\_\_\_\_

m. What could you replace this food with that would actually ADD good foods to the rest of your diet?

11. CREATE a “Wellness Plan”

* + *Identify Concerns:* Evaluate what you learned about yourself in the Diet Analysis and what you would like to change or improve
  + *Set A Goal:* What do you want to achieve in terms of your health?
  + *Form A Plan:* Detail how you are going to do this. List resources and people who can keep you accountable

Write in your Food Intake for 1 Full Day on the back of this page. Be sure to eat NORMALLY, and write in the specific types of foods and how much you ate.

Use the following as a guide:

|  |  |
| --- | --- |
| Food | Amount of Servings |
|  |  |
| *Orange Juice* | *2 cups* |
| *Peanut Butter Granola bar* | *1 bar* |
|  |  |
| *Bag of pretzels* | *About 25 pretzels* |
|  |  |
| *wheat bread* | *2 slices* |
| *Ham* | *4 slices* |
| *American cheese* | *2 slices* |
| *Mayo* | *2 Tablespoons* |
| *Pepsi* | *1 bottle* |
| *Swiss Roll* | *1 packet (2 rolls)* |
| *Doritos* | *About 30* |
| *String cheese* | *1* |
|  |  |
| *Lucky charms* | *1 1/2 cup dry* |
| *Milk* | *1 cup* |
|  |  |
| *Mashed potatoes, buttered* | *2 cups* |
| *Green beans (canned)* | *¾ cup* |
| *Pork chop* | *Size of my hand (roughly)* |
| *Dinner roll* | *2* |
| *Butter* | *2 tablespoons* |
| *Pepsi* | *1 bottle* |
|  |  |
| *Chocolate cake* | *1 slice* |
|  |  |
|  |  |
|  |  |
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|  |  |
| --- | --- |
| Food | Amount of Servings |
| BREAKFAST |  |
|  |  |
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| LUNCH |  |
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| DINNER |  |
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| SNACKS |  |
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