**MyPlate.gov Food Tracker**

**Menu Planning**

* Plan a healthy menu for two days. (You don’t have to actually eat this.)

*Career Connection:*

***Dietitians*** *focus on creating nutritional plans for clients and groups, and providing education on healthy eating. They work in many different settings, including hospitals, schools, government agencies and resorts. Some do research for food companies. A dietitian must hold at least a bachelor's degree, and most states require you to be licensed.*

Your 2 day menu plan should meet your:

daily food group requirements

caloric needs

oils needs

should not to exceed your allowed empty calorie allotment

Criteria:

Include all food groups included at each meal.

NO FAST FOOD

No repetition of foods for 2 days-- except milk

Include 3 subgroups of vegetables over the course of the 2 days.

Upon completion, print the following reports for each day:

Go to My Reports: Food Group and Calorie, select date and print for each day

Meal Summary, select dates and print for both days.