

## **Food Diary Assignment**

1. You are going to keep a record of what you eat for two full days using an online food diary ([www.fitday.com](http://www.fitday.com), or any you find that you like).
2. You will determine at the end of each day whether you ate a balanced diet. Fitday provides a percentage pie chart to compare to the My plate guidelines.
3. At the end of the two days, you will summarize what you ate and how you could eat a more balanced diet (if it needs to be more balanced.)

### ***The food diet summary should include:***

1. Need to Eat More: (list the foods you need to eat more of to have a more balanced diet)
2. Need to Eat Less: (foods that need to be eaten less).
3. Write a plan to help you to better follow the My Plate guidelines. For example, eating 2 more servings of vegetables a day could be done by eating a salad with dinner and carrot sticks with lunch.

**This will be due Fri., 4/26**