

AN APPLE A DAY: ASSESSING YOUR EATING HABITS

Food Diary
List all the foods you ate yesterday or on a recent typical day from the time you woke up until bedtime. Be as thorough as you can.
Breakfast: _____ _____ _____
Lunch: _____ _____ _____
Dinner: _____ _____ _____
Any snacks during the day: _____ _____ _____

1. List your percent of RDA for each of the categories shown.

2. In which categories, if any, do you exceed the RDA for a given nutrient?

3. In which categories, if any, do you fall short of the RDA for a given nutrient?

4. From what you read in your health text, is your eating analysis healthful? If not, in what areas do you need to make changes?

