

CHANGE YOUR EATING HABITS

Use this worksheet to help you meet your food goals.

NATIONAL GUARD

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STEP 1: FIND OUT WHAT YOU'RE EATING

- >) Choose a day, and write down everything you eat, including the number of servings in the food group in which it belongs.
- >) If something belongs in more than one food group, put the number of servings of the food in the food group. For example, a hamburger would count in the meat and grain food group. If you add cheese, vegetables, or mayo, you'd make an entry in the milk, vegetable, or oil food group.

Grains	Vegetables	Fruits	
Milk	Meats and Beans	Oils	Fats and Sugars

You have just completed:

- STEP 1:** Find out what you're eating
- STEP 2:** Compare what you're eating to the food pyramid.
- STEP 3:** Gradually change your habits to healthy eating



Now go on to Step 2!

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STEP 2: COMPARE WITH THE USDA FOOD PYRAMID

SECTION 1: WHAT I AM EATING NOW

Use the information from the Step 1 worksheet to fill in the number of servings of each type of food you ate.

Grains	Vegetables	Fruit	Milk	Meat and Beans	Oils	Fats & Sugars
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

SECTION 2: FOOD PYRAMID RECOMMENDATIONS

Visit www.mypyramid.gov to find out how many servings in each food group you should be eating each day.

Write in the spaces below the number of servings of each type of food you should be eating according to the food pyramid.

Grains	Vegetables	Fruit	Milk	Meat and Beans	Oils	Fats & Sugars
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

SECTION 3: ADDING/SUBTRACTING SERVINGS

Compare the information from the first two sections to fill in the blanks below. (Once again, your best guess will be fine.)

I need to eat (more/fewer) servings of grains.

I need to eat (more/fewer) servings of vegetables.

I need to eat (more/fewer) servings of fruit.

I need to eat (more/fewer) servings of milk.

I need to eat (more/fewer) servings of meat and beans.

I need to eat (more/fewer) servings of oils.

I need to eat (more/fewer) servings of fats and sugars.

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STEP 3: MAKE CHANGES

Here is a list of the different ways you can change your eating habits. With some time and patience, you will find a way to make the changes you want to make so you can eat healthy.

- >) **Substitute one serving of one food that you should eat for one serving of one food you shouldn't.** Try it for five days. If that works, keep making substitutions until you are eating healthy just about all of the time.
- >) **Too many sweets?** Are you still drinking soda? Substitute one glass of water, milk, juice, or club soda (no calories, no sugar, no salt) for each can of soda. You can also try adding lime or lemon to the water.
- >) **Need to cut back on the amount you're eating?** Every time you want to eat MORE, remember that it's a choice, and so you can always choose differently.
- >) **Need to add more food?** Try adding one serving of one type of food to one meal, or add one snack. See how it goes for five days. If you want to, you can keep adding one serving of one type of food to one meal or adding one snack until you are eating the amount of food you'd like to be eating.
- >) **Need to add a type of food (meat, milk, vegetable, fruit, grain) that you've never liked?** Do a little research to find out which nutrients you're missing out on by not eating that type of food. Then find something else that gives you the same nutrients. For example, if you don't like dairy foods, find out what other types of foods give you the same amount of calcium, iron, and Vitamin D, and eat them instead.

You have just completed:

- STEP 1:** Find out what you're eating
- STEP 2:** Compare what you're eating to the food pyramid.
- STEP 3:** Gradually change your habits to healthy eating

Now go live healthy!