**(# 10) Chart: 35 pts**

Using the charts (analysis & results - #9) formed from the MY PLATE program, fill in the chart below with the required information.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Needs | Day1  Ate | Day2  Ate | Day 3  Ate | **Specific foods** you may add/subtract  To help meet requirements |
| Veggies |  |  |  |  |  |
| Fruits |  |  |  |  |  |
| Dairy |  |  |  |  |  |
| Protein |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Needs | Average Eaten | **Specific foods** that you may add/subtract to make your diet more healthy |
| Whole grains |  |  |  |
| Refined grains |  |  |  |
| Calcium |  |  |  |
| Iron |  |  |  |
| Sodium |  |  |  |