

Food and Nutrition Lab



Please do **NOT** write on this sheet. Use the worksheet to record your answers.

Double click: Internet Explorer

Website: mypyramid.gov

Find: My Pyramid Plan (left side of page)

Enter: Age, Gender, Weight, Height, and amount of physical activity

Click: "Submit"

Choose a food plan: For your current weight **OR** gradually move toward a healthier weight

1. **Write down** on your worksheet how many calories were recommended for you to intake on a daily basis.

Click "My Pyramid Tracker" (upper left in blue box)

Click "Assess Food Intake"

On the log in page: click "new user"

Enter User ID: use your first and last name with no space

Enter Password: nvhealth

Enter age, gender, height, and weight

Click "Proceed to Food Intake"

Pick a day from your food journal and type in all of the foods you ate on that day. You can be generic or specific. Enter one food item at a time and then **click "Search."** Find the item that matches the closest to what you ate and **click "Add."**

When you have entered all of the foods from that day **Click "Select Quantity."**

Enter a serving size from the drop-down bar **AND** enter the number of servings in the column on the right.



Click "Save and Analyze"

Click "Meeting Dietary Guidelines" and then click **"Go"**

2. Record on your worksheet which areas you met the dietary guidelines by eating the recommended amount of servings.

3. Record which areas you did not meet the dietary guidelines.

Click "Nutrient Intakes" at the bottom of the page



On your worksheet:

4. Write down **two** nutrients where you fell within the acceptable range. If you did not fall in the acceptable range for any nutrients then write down the two you were closest to being in the acceptable range.

5. Write down **two** nutrients where you did not fall within the acceptable range.

Click “My Pyramid Recommendation” at the bottom of the page and look at your chart.



On your worksheet:

6. **EXPLAIN** what you think influenced your food choices and why? Use complete sentences to answer the question.
7. Based on the guidelines from each of the charts provide **TWO** suggestions for improving your daily food plan. Think about what areas you need more or less of a certain type of food/nutrient.



8. What are your food and nutrition strengths and what influences you to be successful in those areas?



9. What are your food and nutrition weaknesses and what you think prevents you from being successful?

If you finish early: Go back to the beginning and enter the food items you consumed on a different day from your food journal. You do not need to answer the questions again.