Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_

How much are you eating?

Directions: Read the article “How much are you eating?” from the Dietary Guidelines for Americans and answer the following questions.

1. After reading the first page, decide how many servings you can eat for the rest of the day in each of the following categories.
   1. Grains –
   2. Vegetables –
   3. Meat & beans –
2. What is the difference between a portion and a serving?
3. Looking at the chart on page 3, how many servings from each group do you think you currently eat each day? (Think about what you ate for the past 3 days.)
   1. Grains –
   2. Vegetables-
   3. Fruit –
   4. Milk, yogurt, and cheese –
   5. Meat and Beans –
4. Refer to the chart on page 4 to answer the following questions.
   1. How many servings are in 1 cinnamon bun?
   2. How many more servings should you eat from the grain group after consuming a cinnamon bun?
   3. How many servings of grains are in 1 Burrito?
   4. One large potato is how many servings in the vegetable category?
   5. How many French fries are considered 1 serving?
   6. How many ounces are in 1 serving of meat?
   7. On average if you order fish in a restaurant, how many servings are you getting?
5. What is the key to making wise food choices?
6. When eating out, what are some things you can do to make sure you eat a sensible portion?
7. When eating at home, how can you make sure you are not eating too much?
8. Why are the Dietary Guidelines so important to follow?
9. What are three main things people should focus on relating to their health?
10. After reflecting on your own lifestyle, how can you make improvements to your daily habits to increase your chances of living a healthy life?