

Assess Your Diet

Date _____

FOOD GROUP		RECOMMENDED SERVINGS*	ACTUAL SERVINGS
DAIRY			
MEAT	BEEF		
	PORK		
	POULTRY		
	SEAFOOD		
	EGGS		
NUTS			
FRUITS			
VEGETABLES			
BREADS	WHITE		
	WHOLE WHEAT		
GRAINS			
FATS & OILS			
SWEETS			

* RECOMMENDED SERVINGS VARY ACCORDING TO THE DIET YOU FOLLOW (I.E. MEDITERRANIAN, VEGETARIAN, VEGAN). REFER TO YOUR TEXT AND RESEARCH THE INTERNET TO FIND THE RECOMMENDED SERVINGS THAT WILL ASSURE YOU GET THE NECESSARY VITAMINES AND MINERALS. TALK TO YOUR DOCTOR ABOUT YOUR DIETARY PROGRAM DURING YOUR NEXT ANNUAL EXAM.