

Reality Bites: Intake vs. Target

Copy the results from the previous table which show the servings you ate from each food group, and compare them against your target to help you plan for a balanced diet.

| Food group | Your Goal: Circle the servings right for you | | | | | | | | Number of servings from My Food for the Day |
|---------------------|---|---|---|---|---|---|---|---|--|
| Rice & Alternatives | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| Vegetable | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| Fruits | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| Meat & Alternatives | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |

Remember! Eating more than your recommended servings could lead to obesity and increase your risk of chronic diseases while eating too little could lead to nutritional deficiency diseases and poor health.

Reaching Diet and Activity Goals

Your success depends on setting goals that really matter to you. Write down your goals for healthy diet and exercise, put them where you can see them, and renew them regularly.

My Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make healthy eating and exercise a regular part of your life?

- 1.
- 2.

My Long-term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months or a year from now. Remember, setting goals will help you make healthy eating and exercise part of your everyday life. Monitor your progress, and celebrate your success.

- 1.
- 2.