

Lesson 3.4 Food Score card

Choose foods and beverages for a meal. For each item in the meal, write amount of calories and each of the food groups in a row. Add up total calories, grains, vegetables, fruit, dairy, and protein. How healthy is this meal? What choices could make it better?

Food/beverage choice	Calories	Grain group	Vegetable group	Fruit group	Dairy (milk) group	Protein group
<i>Example:</i> <i>pizza</i>	<i>272</i>	<i>1 ½ oz</i>	<i>¼ cup</i>		<i>½ cup</i>	<i>½ oz</i>
Total						
Total daily needs*	1800	6 oz	2 ½ cups	1 ½ cups	3 cups	5 oz
	2000	6 oz	2 ½ cups	2 cups	3 cups	5½ oz

*Use the [MyPlate Checklist](#) to find out the amount of the five food groups you need. An average woman who gets 30-60 minutes of moderate physical activity needs about 2000 calories. If she is inactive or trying to lose weight, she needs about 1800 calories a day.

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