**MyPyramid Analysis**

Directions: Record your food choices and physical activity for three days. After you have recorded food choices and physical activity for three days, you will complete an evaluation of your choices. Go to [www.mypyramid.gov](http://www.mypyramid.gov/) and follow the instructions under “My Pyramid Plan” to determine how much food in each group is recommended specifically for you. If you don’t have access to that web site, use either the 2,200 calorie/day plan or the 3,000 calorie/day plan as illustrated in the table earlier. Select the one that you think is closest to your individual needs. Even though recording foods eaten and activity levels could influence your choices, try to eat and exercise as you normally would so this assignment will be the most effective.

**Note:** You do not submit this assignment. Use this assignment to answer the questions in the following Mastery Check.

### Day One

<table>
<thead>
<tr>
<th>Breads Group:</th>
<th>Milk Group:</th>
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<th>Meat &amp; Beans Group:</th>
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Day Two

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Milk Group:

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Meat & Beans Group:

1. 
2. 
3. 
4. 
5. 

Vegetables Group:

1. 
2. 
3. 
4. 
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Fats, Oils & Sweets (use sparingly):

1. 
2. 
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Fruits Group:

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Physical Activity:

- Type:
- Duration:
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