

# “Get Your Plate in Shape!”

## Week 5: What changes have I made? Let’s reevaluate!

What am I eating now?



Let’s review what we have covered over the last 4 weeks:

**During week 1:**

You identified your personal statistics to figure out if you are at a healthy weight. Hopefully you tracked your food intake for several days, so that you could evaluate whether or not you are eating the right amounts of foods from all five food groups.

**During week 2:**

You gained knowledge about food choices. You have thought about what influences your choices and what to consider when making healthy food choices. You were encouraged to begin starting your day with breakfast if that was new to you. The many benefits of home cooking were also discussed.

**During week 3:**

You had a chance to assess your food personality – How do you prefer to cook and prepare meals?  
You gained knowledge about how to make better calorie choices - to get your best bang for your nutrition buck!  
Portion control was covered as well.

**During week 4:**

You may have gained some new knowledge about what to look for and how to understand nutrition fact labels.  
Smart food shopping was discussed so that you can feel comfortable making healthy choices in the grocery store.

**Take a little time to catch up** if you need to before moving onto the next page. Now is the time to review a previously covered topic in more detail.

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## Week 5: What changes have I made? Let’s reevaluate!

### Let’s start week 5:

(Turn to pages 4 and 5 of your *Activity & Eating* booklet)

1. Choose a day this week to record the number of servings for the foods you eat. Be sure to include all meals and snacks in a 24 hour period of time.
2. Write in your total number of servings for each food under the appropriate food group. You can use the **What is a Portion?** guide on the left hand side of page 4 to guide you in estimating the appropriate number of servings.

*Try an example.* Calculate the number of servings from each food group if a breakfast consists of toast with peanut butter and a glass of milk:

Toast –Two slices of whole grain bread

This equals two servings under Grains

Peanut butter –approximately a tablespoon on each slice...

This equals two servings under Meat & Beans

Glass of milk (8oz)...

This equals one serving under Milk & Milk Products

After you fill in your 24 hour intake, total all your servings for each food group and compare it to the recommended **Goal\*** number of servings at the bottom of the chart. Please note that the **Goal\*** amount is based on 1,800 calories. If you are an athlete you will need more.

To find *your* calorie needs, go to: [Healthy Eating My Way](#)

**How did you do?** Are you eating foods from all the food groups and getting a balanced diet?

You may have noticed that in the section for **More options for improvement**, it indicates that the foods in the lighter-shaded areas for each food group are generally richer in nutrients and have fewer calories per serving.

If you identified any areas for improvement, please document that under **Small steps I can make to improve my food choices** on the bottom of page five.

Next you are ready to create your **Shopping list** on page eight of your *Activity & Eating* booklet.

If you want keep a **Food diary** again at some point, there is a place for that as well on page eight.

Don’t forget to create your health goals by going back through your *Activity & Eating* booklet to identify two small steps to better your health; fill in **My health goals** and commit to when you will start your goals.

**Next week is our final week where we will incorporate physical activity into our new healthy lifestyle habits.**