

FORM 9.1 Assess Your Energy Profile

Instructions: Make rough estimates, or measure, your food and beverage servings. It is a good idea to review what constitutes a serving size using the guidelines provided by your national health authority, such as the USDA Center for Nutrition Policy and Promotion (www.choosemyplate.gov) or Health Canada (www.hc-sc.gc.ca). The Health Canada guidelines here are given by age ranges and sex; the USDA guidelines listed are a general recommendation for a healthy adult with a 2000-calorie daily intake. For mixed foods, identify the key food ingredients, estimate the amount of each, and check the corresponding number of boxes. Make notes as to how you've tracked servings, and review your intake after three days. Are you eating enough to meet the recommendations? Did you choose nutrient-rich and healthy foods?

Recommended servings	Day 1					Day 2					Day 3				
Fruits and vegetables															
Age 19-50 Women: 7-8 Men: 8-10															
Age 51+ Women: 7 Men: 7															
4 1/2 cups per day															
Notes:															
Grains															
Age 19-50 Women: 6-7 Men: 8															
Age 51+ Women: 6 Men: 7															
6 oz. per day															
Notes:															
Milk and alternatives															
Age 19-50 Women: 2 Men: 3															
Age 51+ Women: 3 Men: 3															
3 cups per day															
Notes:															
Meat and alternatives															
Age 19+ Women: 2 Men: 3															
5 1/2 oz. per day															
Notes:															