



Nutrition Counseling Services LLC

## Food Facts Challenge

**Purpose Statement:** The purpose of this challenge is to learn the basic facts about foods, their recommended number of servings per day, and the recommended serving sizes.

### Challenge Steps:

- A. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov).
- B. Under the “MyPlate” tab, click on each food group (Fruit, Vegetable, Grain, Protein Foods, Dairy, Oils) to complete the chart below. The information about **Daily Recommendations** will be found by clicking on the “Daily Table” and the **General Servings Size** will be found in the “What counts as...” section.

Food Group	My Gender & Age	Daily Recommendations	General Servings Size	How Many Servings I Eat Per Day
<i>Example:</i> Fruit	Female 31-50 years	1 ½ cups	1 c. fruit or 100% fruit juice; ½ c dried fruit	
<b>Fruit</b>				
<b>Vegetable</b>				
<b>Grains</b>				
<b>Protein Foods</b>				
<b>Dairy</b>				
<b>Oils</b>				

What is the difference between a serving and portion? \_\_\_\_\_

Visit <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/serving-size-vs-portion-size-is-there-a-difference> to find the answer.

What changes do you need to make to your diet? \_\_\_\_\_

**Return** this sheet by email ([carol@eatinghealthier.net](mailto:carol@eatinghealthier.net)) or fax (704-734-0662).

Your Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_