## HEALTHY HAPPY EATING

## 24-Hour Recall/Usual Diet Form

| Date ___ Day of the Week |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Amount From Each Group |  |  |  |  |  |  |
| Food and Drink Consumed | Dairy | Protein | Fruits | Veggie | Grains | Oils | Disc ${ }^{\text {a }}$ |
| Name \& Type |  |  |  |  |  |  |  |
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| TOTALS |  |  |  |  |  |  |  |
| MyPlate Recommendations for 2,000 Calories ${ }^{\text {b }}$ | 3 c | $5^{1 / 2}$ OZ $^{\text {c }}$ | 2 c | $21 / 2 \mathrm{C}$ | $6 \mathrm{oz}^{\text {d }}$ | 6 tsp | $\begin{gathered} \leq 245 \\ \text { calories } \end{gathered}$ |
| EVALUATION ${ }^{\text {e }}$ |  |  |  |  |  |  |  |
| ${ }^{a}$ Discretionary calories. <br> ${ }^{\text {b }}$ These are approximations for a general evaluation of food intake for an adult. Exact amounts of food groups vary according to gender, age, and activity level. See www.choosemyplate.gov for a customized food guide. <br> ${ }^{\text {c At least }} 2$ servings of seafood should be eaten each week. <br> ${ }^{\text {d }}$ At least 3 servings of whole grains should be eaten each day. <br> ${ }^{\circ}$ Evaluation: $\mathbf{L}=$ low $\quad \mathbf{A}=$ adequate $\quad \mathbf{E}=$ excessive |  |  |  |  |  |  |  |

