

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	Disca
Name & Type							
TOTALS							
MyPlate Recommendations for 2,000 Calories ^b	3 с	5 ½ oz ^c	2 c	2 ½ c	6 oz ^d	6 tsp	≤ 245 calories
EVALUATION ^e							

A = adequate

E = excessive

^a Discretionary calories.

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.

^cAt least 2 servings of seafood should be eaten each week. ^dAt least 3 servings of whole grains should be eaten each day.

 $^{^{\}rm e}$ Evaluation: ${f L}={
m low}$