Center 14
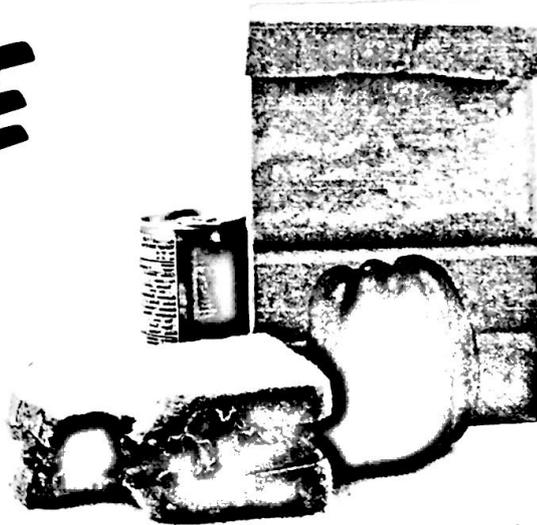
FOOD DETECTIVE

It's fun to track your *DAILY FOOD INTAKE* to see
if you are eating the right amount of the 5 basic
food categories as well as important nutrients.

EXAMPLE

Kate knows that for her age, gender, height, weight, and exercise level, she should eat 3 cups of
vegetables each day. If she eats 2½ cups of vegetables, what percent of the recommended daily
amount is she eating?

ANSWER

Divide Kate's intake by the recommended intake, then multiply by 100.

$2.5 \div 3 = 0.83 \times 100 = 83\%$

Kate is eating 83% of the recommended amount of vegetables.

YOUR TURN

Your family is trying to develop healthier eating habits. You have analyzed your
14-year-old brother Amit's food intake using the USDA's MyPlate SuperTracker.
What grade would you give his daily intake?

1 Complete the table. Divide Amit's intake by the Daily Recommended Intake. Then multiply by 100 to
change to a percent. Round to the nearest whole percent.

DAILY RECOMMENDED INTAKE	AMIT'S INTAKE	% RECOMMENDED AMOUNT
Calories: 3200	5117	
Grains: 10 oz	12 oz	
Vegetables: 4 cups	2½ cups	
Fruit: 2½ cups	1 cup	
Dairy: 3 cups	2 cups	
Protein: 7 oz	10 oz	
Total Fat: 142.1-199 g	198.4 g	
Saturated Fat: less than 56.9 g	66.4 g	
Cholesterol: less than 300 mg	271 mg	
Sodium: less than 1500-2300 mg	8725 mg	

2 How many calories did Amit eat? _____

How many additional calories is Amit consuming than are recommended? _____

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FOOD DETECTIVE

3 Which foods and nutrients does Amit eat too much of, and which should he eat more of?

TOO MUCH	TOO LITTLE

4 How much sodium is Amit eating?_____
How much should he be eating?_____
How much more is Amit eating than is recommended?_____

5 Give Amit's food intake a letter grade (A, B, C, D, or F). Explain your answer by referring to the information from this worksheet._____
_____
_____
_____
_____