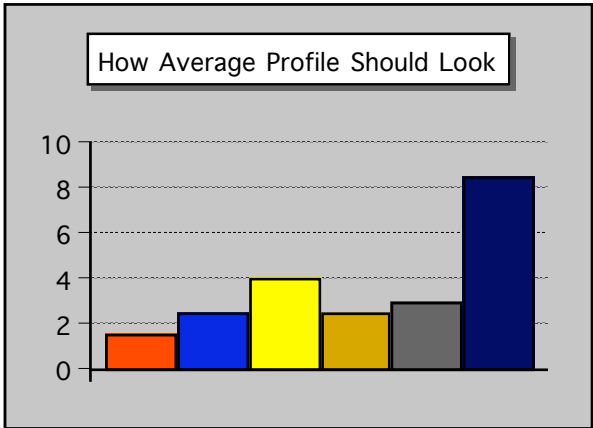


For each food group, enter the number of servings you eat for each day. You must use 0 to equal none. Compare your profile to the recommended average.

| | Fats | Milk/Cheese | Vegetables | Meat/Fish | Fruits | Bread/Pasta |
|-------------------|--------------------|----------------|----------------|----------------|----------------|----------------|
| ^NAME^ | Oils/Sweets | Yogurt | | Nuts/Eggs | | Rice/Cereal |
| Day 1 | | | | | | |
| Day 2 | | | | | | |
| Day 3 | | | | | | |
| Day 4 | | | | | | |
| Day 5 | | | | | | |
| Day 6 | | | | | | |
| Day 7 | | | | | | |
| Day 8 | | | | | | |
| Day 9 | | | | | | |
| Day 10 | | | | | | |
| Day 11 | | | | | | |
| Day 12 | | | | | | |
| Day 13 | | | | | | |
| Day 14 | | | | | | |
| Total-> | 0 | 0 | 0 | 0 | 0 | 0 |
| Average | #DIV/0! | #DIV/0! | #DIV/0! | #DIV/0! | #DIV/0! | #DIV/0! |
| Recommended | Very little | 2 - 3 | 3 - 5 | 2 - 3 | 2 - 4 | 6 - 11 |

Not enough chart data.



Not enough chart data.

