

Name: _____

Date: _____

“Your Road to Health” Activity

Track-a-Day

Directions:

1. For an entire day, use a separate piece of paper to write down all the foods and beverages that you consumed for each meal and snack.
2. Follow your teacher’s instructions to use the website Food Tracker (<https://www.supertracker.usda.gov/foodtracker.aspx>) to find the nutrition information for each food and beverage based on the amount that you consumed.

HINT: You may need to break some foods and beverages into their separate components to find the nutrition information. **For example,** if you ate a cheese sandwich with mayo and mustard, but can’t find a cheese sandwich in *Food Tracker*, you may need to search for bread, cheese, mayonnaise, and mustard as separate items.

3. Use the tables below to record each food/beverage item, the amount you consumed, and the amount of calories, fat, sugar, sodium, and dietary fiber in that amount that you consumed.
4. At the bottom of each table, write your totals for each meal.
5. In the last table, write your totals from each meal to calculate your totals for the entire day. Convert the grams of sugar to teaspoons of sugar.
6. After looking at the totals for the entire day, take a few minutes to reflect on the choices you made and write down your conclusions.

Breakfast						
Name of Each Food or Beverage	Amount Consumed	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THIS MEAL						

Lunch						
Name of Each Food or Beverage	Amount Consumed	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THIS MEAL						

Dinner						
Name of Each Food or Beverage	Amount Consumed	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THIS MEAL						

Snacks						
Name of Each Food or Beverage	Amount Consumed	Calories	Total Fat Grams (g)	Sugar Grams (g)	Sodium Milligrams (mg)	Dietary Fiber Grams (g)
TOTAL FOR THIS MEAL						

Total for Entire Day						
Meals / Snacks	Calories	Total Fat (g)	Sugar (g)	Sugar (teaspoons) <i>Grams of sugar divided by 4</i>	Sodium (mg)	Dietary Fiber (g)
Breakfast						
Lunch						
Dinner						
Snacks						
TOTAL FOR THE DAY						

Now use the last page of this activity to reflect on the choices you made and write down your conclusions.



Reflection

Read the guidelines below on Calories and Daily Values for nutrients. Use this space to compare these guidelines to the results of your 1-day summary from *FoodTracker*. Be sure to consider how many teaspoons' worth of sugar that you consumed. What conclusions can you make about your food choices on this day? Is there anything you could have done differently, or would like to do differently in the future?

Calories

We all need Calories! However, to maintain a healthy weight (one that's not too high or too low), you need to: (1) get the right amount of Calories based on your gender, age, and physical activity level, and (2) be choosy about where your Calories come from, so the foods and beverages that you consume provide the nutrients that you need. Use the table on the right for a rough estimate of how many Calories you need. Your actual needs may vary.

Daily Calorie Needs Based on Gender, Age, & Physical Activity Level				
Gender	Age Years (yr.)	Sedentary <i>Light activity (day to day life)</i>	Moderately Active <i>Equivalent of walking fast for 2 to 3 miles per day</i>	Active <i>Equivalent of walking fast for more than 3 miles per day</i>
Girls	9-13 yr.	1,600 Calories	1,600-2,000 Calories	1,800-2,200 Calories
	14-18 yr.	1,800 Calories	2,000 Calories	2,400 Calories
Boys	9-13 yr.	1,800 Calories	1,800-2,200 Calories	2,000-2,600 Calories
	14-18 yr.	2,200 Calories	2,400-2,800 Calories	2,800-3,200 Calories

Percent Daily Values

Percent Daily Values on Nutrition Facts labels are based on a 2,000 Calorie diet for healthy adults. Even if you're not an adult, or your diet is higher or lower than 2000 Calories, you can still use them as a rough guide to compare how the nutrients you consume compare to recommended amounts. You can use them to: (1) choose foods that are high in vitamins, minerals, and fiber; and (2) limit foods that are high in fat, cholesterol, and sodium.

NOTE: There are no Daily Values for trans fat or sugars.

Daily Values for Fat, Sodium, & Fiber

Total fat	Less than 65 grams per day
Sodium	Less than 2400 mg per day
Dietary Fiber	25 grams per day