



## EATING SMART: MYPLATE WORKSHEET

**Directions:** Think about the last lunch or dinner you ate. Using the MyPlate template below, write each food and drink item in the proper MyPlate quadrant. Does your plate represent all of the food groups? Was half your lunch or dinner fruits and vegetables? Were at least half of your grains whole grains? Was your protein lean or low-fat? Did you drink your milk or include fat-free or low-fat dairy? To further track your foods and nutrition and to get tips and support to help you make healthier choices, go to the USDA SuperTracker at [www.supertracker.usda.gov](http://www.supertracker.usda.gov)

