**My Dietary Reflection**

*After completing the spreadsheet for your daily activity log/food intake, consider the following questions:*

1. About how many calories did I eat in the entire day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. About how many calories in my day came from fat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. About how many calories in my day came from protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. About how many calories in my day came from carbohydrates? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. About how many calories in my day came specifically from sugar? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What were some of my healthiest food choices during my day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. What were some of my unhealthiest food choices during my day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Looking at Table 2.2, how did my most consumed foods compare with those of the average American? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. I consider my activity level to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Based on Table 2.3, I should be consuming about\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories a day.
3. How did my total calorie intake compare to this recommendation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Based on Table 2.4, \_\_\_\_\_\_\_\_% of my diet should be carbohydrates, \_\_\_\_\_\_\_% of my diet should be proteins, \_\_\_\_\_\_\_\_% of my diet should be fat.
5. My diet is \_\_\_\_\_\_\_\_\_% carbohydrates, \_\_\_\_\_\_\_% protein, and \_\_\_\_\_\_\_\_% fat.
6. Show your math work below.