

LABORATORY ACTIVITIES rllc.onnect

Name Section Date

LAB 8.1 Your Daily Diet versus MyPlate

Food	whole	other	total	Dark green	orange	Beans & peas	starchy	others	Fruits(cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (g)	Solid Fats (g)
Tuna fish											6		
salad				4cups									
butter													81
3 eggs											5.25		
rice	17.6												
bread	6												
beans											4		
potatoes							2 cups						
Turkey meat											1		
Avocado													136
Daily Total	23.6			4			2				16.25		217