

ONE DAY AT A TIME:

The chart below represents **one meal** – that includes all areas of the food guide pyramid (grains, meat and beans, dairy, fruits and vegetables)

. Create a balanced diet for one meal.

1. Go to: [Calorieking.com](http://Calorieking.com) website
2. find the words: **food database** at the top of page- click on it-
3. You will find words that say “ **Search Our Food Database**” type in your food type
4. You will then find a list of different types and sizes of your food (frozen, 14 inches, restaurant style food- Pizza Hut pizza)
5. Find what you need and then click on it
6. You will then see a **Nutritional Facts** sheet on the right side of page
7. Fill in each of the blank categories with your type of food eaten.
8. \*\*\* if need be follow my example- to understand\*\*\*

Fill in each of the blank categories with your type of food eaten.

EX:

Food Choice	Serving size	Calories	Total Fat % only	Cholesterol %	Sodium % and MG	Carbs %	Protein	Sugars
Pizza 14” cheese topping original crust	1 slice 3.6 oz	272	15	7	23% 551mg	11%	12.3	4.1