**Choose My Plate.gov Computer Instructions:**

Go to rgaldamez.weebly.com

Click on Culinary and pull down to nutrition

1. Click on the link for Choose My Plate
2. Click on Supertracker and other tools
3. Click on the blue words Supertracker
4. Click on Create a Profile
5. Enter your age, gender, height, weight, and activity level.
6. Make your password and username.
7. Click on Food Tracker.
8. Enter all your food for ONE DAY ONLY at a time
9. **Copy the final page on a blank paper with your name.**

**February 24, 2012**

Grains: 57%

Whole Fruits: 36%

Dairy: 87%

Protein: 104%

Vegetables: 73%

Total Calories Eaten: 2674

Empty Calories\* Eaten: 827 

Empty Calories\* Limit: 459 Total Limit: 3000

Oils:Eaten: 2 tsp.

Limit: 10 tsp.

Saturated Fat: 

Eaten: 46g

Limit: 33g

Sodium: 

Eaten: 6015mg

Limit: 2300mg

1. Do this for 2 days
2. You can go to Physical activity if you have extra time