

## How Much Do I Need?

Complete the chart with the amounts of recommended daily amounts of each nutrient.

<b>Fruits</b>	
<b>Vegetables</b>	
<b>Grains</b>	
<b>Protein Foods</b>	
<b>Dairy</b>	
<b>Oils</b>	
<b>Fiber</b>	

1. Are you eating the recommended amounts? \_\_\_\_\_
2. What can you do to make sure that you eat the recommended amounts?

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