



Client Diet Record MyPlate Analysis

First: Axya
Middle:
Last: Systems
Company: Axya Systems

Male
Identification Number: 111aaa
Date of Birth: 1/1/1990
Height: 5 ft. 5 in. **Weight:** 145.00 lb.

Diet: Diet Record 1

MyPlate helps you put the Dietary Guidelines into action. It shows you the food groups and the amount from each group to eat every day. Each food group provides your body with essential nutrients, and the proportion of each group on MyPlate indicates how that food group is represented in a healthy diet.

The Dietary Guidelines for Americans 2010 emphasize the following for a healthy lifestyle:

- Balance your calories: Enjoy your food but avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains. Whole grains are good sources of fiber, vitamins, and minerals.
- Switch to fat-free or low-fat (1%) milk.
- Reduce your intake of high sodium soups, breads and frozen meals. Choose the reduced sodium options instead.
- Replace sugary drinks with water.

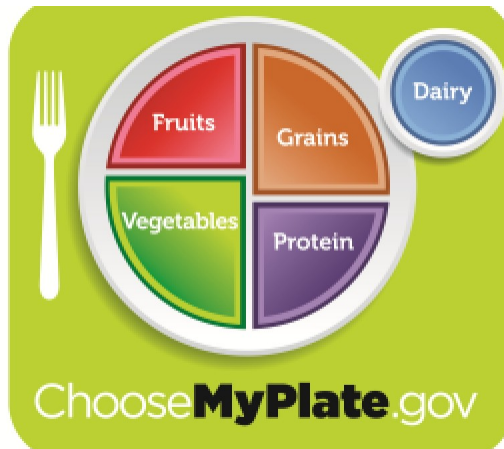
Your calorie level determines the amount of each food group you are supposed to eat. Calorie levels are determined by factors such as your age, gender and daily physical activity.

Daily physical activity is important for a healthy lifestyle. Choose activities that you enjoy and can do regularly. Adults (18-64 years) should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level.

Oils are not a food group under the new MyPlate Initiative. However, the USDA does have some recommendations for these types of foods since they provide essential nutrients. Some common oils include olive oil, soybean oil, canola oil and corn oil. Some foods are naturally high in oils like nuts, avocados, some fish and olives. For additional information visit the USDA MyPlate website directly.

Empty calories are calories that come from solid fats and added sugars. Solid fats and added sugars add calories but few or no nutrients to a food. Foods that contain empty calories include cookies, sodas, pizza, ice cream, bacon and cheese. The amount of empty calories you may have depends on your calorie level.

Your caloric recommendations are:	1800	Your empty calorie allowance is:	195
Your MyPlate Calorie Level is:	1800	Your empty calorie consumption is:	302
Your average daily consumption is:	1646		



Food Group	You Should Eat:	Your Diet:
Grains	6.0	6.3 oz.
Vegetables:	2.5	3.5 cups
Fruit	1.5	2.0 cups
Dairy	3.0	3.0 cups
Protein Foods	5.0	5.3 oz.

For the purposes of this report, beans are counted in the Protein Foods category. Beans may count toward your vegetable intake if you meet your goal for Protein Foods with other foods in this category (meat, nuts, seeds, etc.).

MyPlate further classifies vegetables into subgroups based on their nutrient content: Dark Green, Red and Orange, Beans and Peas, Starchy and Other Vegetables. The MyPlate recommendations for vegetables are based on total calorie level, which is determined by your age, gender and physical activity level. The USDA recommends consuming a wide variety of vegetables to help meet your nutrient needs.