

Eating Plan Analysis (EPA)

		<i>SUGGESTED SERVINGS FOR SPECIFIC CALORIC INTAKES</i>					
<i>FOOD GROUP</i>	<i>SERVINGS</i>	<i>1,600</i>	<i>2,200</i>	<i>2,800</i>	<i>CIRCLE ONE</i>		
Fats Oils and Sweets		<i><2</i>	<i><2</i>	<i><2</i>	Too Little	Adequate	Too Much
Milk, Yogurt and Cheese		<i>2</i>	<i>3</i>	<i>3</i>	Too Little	Adequate	Too Much
Meat, Poultry, Fish, Dried Beans, Eggs and Nuts		<i>5</i>	<i>6</i>	<i>7</i>	Too Little	Adequate	Too Much
Vegetable		<i>2</i>	<i>3</i>	<i>3</i>	Too Little	Adequate	Too Much
Fruit		<i>2</i>	<i>3</i>	<i>4</i>	Too Little	Adequate	Too Much
Bread, Cereal, Rice and Pasta		<i>6</i>	<i>9</i>	<i>11</i>	Too Little	Adequate	Too Much
Water		<i>8</i>	<i>8</i>	<i>8</i>	Too Little	Adequate	Too Much

NOTES:

1. Record your intake of water in an 8-ounce servings.
2. List the servings from the meat group in ounces.