

Getting Informed

What is Your Eating History?

INSTRUCTION

If you are a visual learner, you may use the template below. Each circle segment (a pie) represents a food group. Within each pie, there are 5 different levels to represent the relative amount consumed on a weekly basis: **5 being the most frequent and 1 being least frequent**. Reflecting on your usual food intake, color each food group segment up to the approximate relative frequency level of consumption.

