

Exercise: What Am I Really Eating?

Step 1: Look back on your diet diary and identify the following categories by highlighting or underlining them each in a distinct color:

- Protein- highlight in **blue**
- Carbohydrates- highlight in **yellow**
- Fructose/Added Sugar- highlight in **pink**
- Fat- highlight in **orange**
- Vegetables- highlight in **green**

Step 2: Reflect on the results.

What category showed up most frequently? _____

On average, how many servings of vegetables did you eat per day? _____

How many times during the week did you consume something with added sugar or fructose? _____

Take a look at your carbohydrate intake. How many servings of whole food carbs did you eat? _____

How many servings of refined carbohydrates did you eat? _____

What did you learn from this exercise? Did anything surprise you?
