



Personalize My Plate Challenge

Challenge Worksheet

****FOR PERSONAL USE ONLY****

DIRECTIONS: Use this worksheet to help you personalize healthy meals with foods you're familiar with and enjoy. Aim to include a variety of foods to help you get all the nutrients you need for good health! (NOTE: This Worksheet will not be shared.)

	TASK	DETAILS	MY NOTES
START HERE	Know how your nutrition needs change over time.	You <i>can</i> meet your nutritional needs to help you feel your best during every stage of life. Visit Nutrition.gov's Nutrition by Age resources to find out more about how your nutrition needs change over time.	
WEEK 1	Choose the right eating plan for your health. **Note: If you have a chronic condition(s) and/or disease(s), additional specific modifications are often needed.	The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance based on your age, sex, height, weight and physical activity level. Practice eating your MyPlate Plan for your best health! This Healthy Eating page provides additional resources to help you get started.	Did you meet your food group targets on any days?
WEEK 2	Incorporate your favorite foods into your eating plan. Aim to select options that fit your cultural foods and customs <i>and</i> build good nutrition.	Traditional foods, flavors and cuisines offer a variety of healthy choices! Learn how to prepare them in healthful ways with recipes and tips on this Culture and Food page. Think in terms of <i>your</i> favorite foods in each food group to help build a healthy meal. Show off your favorite foods that fit within your eating plan at WFHT.TN@tn.gov.	What favorite foods did you incorporate into your meals?

Please let us know you participated in this challenge [HERE!](#)



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