

Diet Assessment Woman

Name _____

Date _____

Food Group	Examples & their serving sizes	Recommended Servings/Day	# of Servings from diet recall
Bread and Cereal Products	1 slice bread, ½ bagel, 6 square saltine crackers, 1 6-inch tortilla, 1 medium pancake or waffle, ½ cup cooked hot cereal, rice, noodles, or pasta, ¾ cup ready to eat cereal, ½ hamburger or hot dog bun, 1 small roll, biscuit or plain muffin	6-11	
Vegetables	½ cup cooked or 1 cup raw, green beans, corn, beets, peas. ½ cup juice. * 10 french fries, 1 cup salad (lettuce), 1 baked potato. See A and C sources.	3-5	
Fruit	½ cup cooked or 1 cup raw, ¾ cup juice. 1 medium apple, peach, orange, banana, 12 grapes, 4 Tbsp. raisins. See A and C sources.	2-4	
Vitamin A	Sweet potato, carrot, spinach, winter squash, dandelion greens, cantaloupe, mango, papaya, green onions, bok choy, tomatoes, apricots, broccoli, watermelon, asparagus, dark leafy green lettuce, green beans, peach.	1	
Vitamin C	Papaya, orange juice, cantaloupe, broccoli, Brussels sprouts, green pepper, grapefruit juice, strawberries, orange, cauliflower, mango, asparagus, watermelon, grapefruit, tomato juice, green leafy vegetables.	1	
Milk Products	8 oz. or 1 cup milk or yogurt 1 ½ oz. cheese 1 ½ oz. cup cottage cheese 1 ½ cup ice cream *	4-5 (2-3 postpartum)	
Animal and Vegetable Protein	2 oz. cooked meat, fish, or poultry; chicken thigh, ½ cup tuna, ½ cup hamburger, * 2 hot dogs, 1 cup cooked dried beans, peas or tofu, 4 Tbsp. peanut butter, 2 eggs, ½ cup nuts or seeds, 3 slices lunch meat.	2-3	

Goal: (What is needed, how much, by when)

* Choose these foods less often.