



Client Diet Record MyPlate Analysis

First: Sample
Middle: Sample
Last: Sample
Company: Axya Systems

Female
Identification Number: AXXSH 7000
Date of Birth: 4/20/2000
Height: 5 ft. 7 in. **Weight:** 147.70 lb.

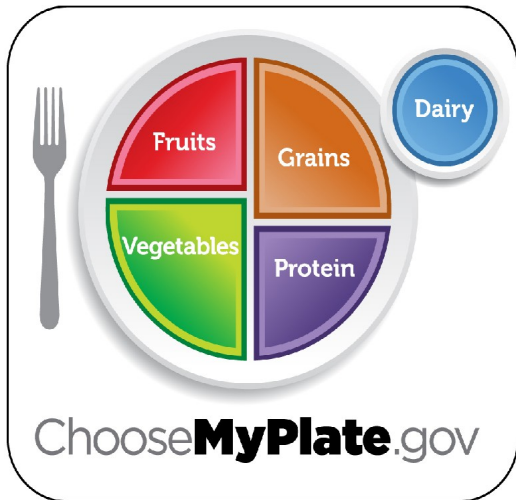
Diet: Axya Sample Diet Record

MyPlate illustrates the five food groups that are the foundations of a healthy diet. It allows you to pick from a variety of foods and beverages and make more informed choices. Each food group provides your body with essential nutrients needed to maintain a healthy lifestyle.

The main focus points for MyPlate are to:

- Place emphasis on a variety of foods.
- Help choose foods and beverages lower in Saturated Fat, Sodium, and Added Sugars.
- Encourage to make small changes in your diet towards living a healthier life.
- Develop healthy eating habits for the whole family.
- Choose activities that you can enjoy regularly. Daily physical activity is important.

Your caloric recommendations are:	2128	Your empty calorie allowance is:	290
Your MyPlate Calorie Level is:	2200	Your empty calorie consumption is:	1041
Your average daily consumption is:	2384		



Food Group	You Should Eat:	Your Diet:
Grains	7.0	7.5 oz.
Vegetables	3.0	2.0 cups
Fruit	2.0	1.5 cups
Dairy	3.0	1.8 cups
Protein Foods	6.0	6.0 oz.