

MyPyramid Comparison

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I have reviewed the two MyPyramid reports, and this is my assessment and comparison of the two reports. I will look at grains, vegetables, fruits, milk, meat and beans from the saved PDF summaries. My grains intake from report one was 44% and actually went up to 77% on the second report. The changes I made were changing my cereal from apple jacks to cheerios and potato chips to a wheat thins snack. For my vegetables, the results went from 30% on report one to 60% on report two. The changes I made were throwing out the fries and substituting Campbell's vegetable soup. My milk intake from report one was only at 11%. With only a minor change to my beverages, removing soda and adding 12 ounces of milk, the percentage went up to 60%. One surprising element at the bottom of the report was the meat and beans. By removing the Wendy's burger, my daily intake percentage actually went down, so I lost on that particular group. Overall, the results were very positive. I learned from the MyPyramid website that you can make pretty easy diet modifications and really benefit from the healthy adjustments.