

The Food I Eat

My favorite **(food / foot)** is macaroni and cheese. I really like pasta and **(bread / rice)**. I try to eat whole grain bread and pasta, but I still eat too **(many / much)** carbohydrates. I eat a lot of cheese. Cheese provides calcium but it also has a lot of **(fat / protein)**. I eat a lot of fiber because I love fresh **(fruit / vegetables)**. I do not eat a lot of protein or iron because I do not like **(meat / fish)**. I try to eat vegetables like spinach for iron. I eat **(eggs / meat)** for protein. I don't like French Fries but I love pizza, so I probably eat too much sodium. I need to eat more fish, and I would like to try more fresh **(vegetables / sodium)** to make sure that I eat enough vitamins.

What about you?

1. What are your favorite foods? _____
2. What nutrients do you eat a lot of? _____
3. What nutrients don't you eat? _____
4. What new foods do you want to try? _____

