

Intake Assessment: Assess the quality of daily food consumption using the following guidelines.

Poor: Less than 50% of the serving requirements from 3 out of the 5 groups is eaten.

Fair: Approximately 50% of the serving requirements from at least 4 out of the 5 groups is eaten.

Good: Approximately 75% of the serving requirements from all of the food groups is eaten.

All: Approximately 100% of the serving requirements from all food groups is eaten.