

Food Diary

Use this chart to track the foods you eat over the week. Write in the foods you eat and mark in the corresponding check boxes for each serving from a food group to track whether you are meeting recommended servings. Don't forget to include beverages.

| | Day 1 | Day 2 | Day 3 |
|------------------------|--------------------------|--------------------------|--------------------------|
| Milk and Milk Products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetables | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fruits | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Grains | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Meat and Beans | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Afternoon Snack | | | |
| Dinner | | | |
| Evening Snack | | | |
| Exercise | | | |
| What and how long? | | | |