

# Food Diary

Use this chart to track the foods you eat over the week. Write in the foods you eat and mark 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.

|               | SUNDAY  | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY |
|---------------|---------|---------|---------|-----------|----------|---------|----------|
| Dairy         | ○○○     | ○○○     | ○○○     | ○○○       | ○○○      | ○○○     | ○○○      |
| Vegetables    | ○○○     | ○○○     | ○○○     | ○○○       | ○○○      | ○○○     | ○○○      |
| Fruits        | ○○      | ○○      | ○○      | ○○        | ○○       | ○○      | ○○       |
| Grains        | ○○○○○○○ | ○○○○○○○ | ○○○○○○○ | ○○○○○○○   | ○○○○○○○  | ○○○○○○○ | ○○○○○○○  |
| Protein       | ○○      | ○○      | ○○      | ○○        | ○○       | ○○      | ○○       |
| Breakfast     |         |         |         |           |          |         |          |
| Snack         |         |         |         |           |          |         |          |
| Lunch         |         |         |         |           |          |         |          |
| Snack         |         |         |         |           |          |         |          |
| Dinner        |         |         |         |           |          |         |          |
| Evening Snack |         |         |         |           |          |         |          |