FOOD DIARY

TODAY'S DATE					
CALORIE GOAL:					
Time	Portion	Food or Beverage Description		Calories	Notes
		<u> </u>		<u> </u>	<u> </u>
TOTAL CALORIES:					
Key Foods Checklist (optional)					
Nonstarchy Vegetables: 🔲 🔲 🔲 (📗 🔲 🔘)					
			Fruits:		
			Whole Grains: 🔲 🔲		
			Protein Group: 🔲 🔲 🔲 🔲 (🔲)		
			Calcium-Rich Foods: 🔲 🔲		