## 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 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Milk \& Milk Products | 000 | 000 | 000 | 000 | 000 | 000 | 000 |
| Vegetables | 000 | 000 | 000 | 000 | 000 | 000 | 000 |
| Fruits | OO | 00 | 00 | 00 | 00 | 00 | 00 |
| Grains | 000000 | 000000 | 000000 | 000000 | 000000 | 000000 | 000000 |
| Meat\& Beans | 00 | 00 | 00 | 00 | 00 | 00 | 00 |
| Breakfast |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Snack |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Evening Snack |  |  |  |  |  |  |  |
| 2 Dairy Council of California |  |  | althyEatin | g.org |  | DAIRY | NCIL of CALIFORNIA |

