

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	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Vegetables	○○○	○○○	○○○	○○○	○○○	○○○	○○○
Fruits	○○	○○	○○	○○	○○	○○	○○
Grains	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○	○○○○○○○
Meat & Beans	○○	○○	○○	○○	○○	○○	○○
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Evening Snack							