

Date:

Daily Food Diary





www.DepressionToolkit.org

List all the foods you chose today:				
TIME	FOOD			
How did you do today?				
☐ Great				
□ So-So				
☐ Not so Great				

This tool is intended to help you to keep track of what you eat each day, and to guide you toward making smart food choices based on the latest nutritional information. This tool is based on guidelines from the U.S. Department of Agriculture. To learn more, visit www.mypyramid.gov.

FOOD GROUP	DAILY GOAL (based on 2,000 calories/day*)	From your list at left, place each food choice into its food group	Estimate your total for the day		
GRAINS TIP: Make at least half of your grains WHOLE GRAINS	6 ounce equivalents (1 ounce equivalent= 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta or cereal)		ounce equivalents		
VEGETABLES TIP: Eat a mix of different colored vegetables daily	2 ½ cups				
FRUITS TIP: Choose fruit instead of juice whenever possible	2 cups		cups		
MILK TIP: Choose fat-free or low-fat most often	3 cups (1 ½ ounces of cheese = 1 cup milk)		cups		
MEAT & BEANS TIP: Choose lean meat and poultry, and eat a variety, including fish, beans, nuts and seeds	5 ½ ounce equivalents (1 ounce equivalent = 1 ounce meat, poultry or fish, 1 egg, 1T peanut butter		ounce equivalents		
Thoughts about today:					
My food goal for tomorrow is:					

For More Information
University of Michigan Depression Center
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