

FOOD DIARY

Use this chart to track the foods you eat over a chosen **week day**. Write in the foods you eat and mark the corresponding check circles for each serving from a food group to track whether you are meeting recommended servings. Don't forget to include beverages

NAME:	DATE CHOSEN:	
	Females	Males
Dairy and Alternatives	○ ○ ○ ○	○ ○ ○ ○
Fruits and Vegetables	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Grain Products	○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
Meat and Alternatives	○ ○	○ ○ ○
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Evening Snack		