

Food Diary. Date: _____ Day: _____

During the day, keep track of what you eat on the top half of the page. At the end of the day, use the bottom half of the page to evaluate your day's food.

Breakfast, morning snacks, drinks:
Lunch, afternoon snacks, and drinks:
Dinner, evening snacks, and drinks:

Did you get your recommended number of servings* of each food group?

Grains – 9 one-ounce servings

Vegetables – 3.5 one-cup servings Fruits – 2 one-cup servings

Milk – 3 one-cup servings Meat & Beans – 6.5 one-ounce servings

Fluids – 8 or more one-cup servings

Grains – 1 “ounce” equals: 1 slice bread, half-cup of cooked cereal, rice, or pasta; 1 cup of cold cereal, 1 pancake, 1 baked potato, half bagel, 1 tortilla. For crackers and pretzels, check the serving size on the bag.

Vegetables – 1 “cup” equals: 1 cup raw or cooked veggies, 2 cups lettuce, ¼ cup juice

Fruit – 1 “cup”: 1 cup chopped fruit, 1 apple, 1 banana, handful of grapes or berries, or 1 cup of 100% fruit juice

Dairy – 1 “cup” equals: 1 cup of milk, yogurt, or cottage cheese, 1½ ounces of cheese

Meats, fish, and beans – 1 “ounce” equals 1 ounce of meat, poultry, or fish, ¼ cup cooked dry beans, 1 egg, ½ cup tofu, ¼ cup nuts or seeds, 1 tablespoon peanut butter

At the end of the day, compare what you ate with the recommendations

What should you eat more of? _____

What should you eat less of? _____

What foods were the most nutritious? _____

What foods tasted the best to you? _____

What's one thing you could do better? _____

Now, congratulate yourself on every healthy choice you made!

Tip: You can analyze your own food intake at www.mypyramidtracker.gov. Type in the foods you've eaten in a day and it will calculate how many servings you've had in each food group, and how much of each nutrient you consumed.