

Food Log

Use this chart to track the foods you eat over a 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	OOO	OOO	OOO	OOO	OOO	OOO	OOO
Vegetables	OOO	OOO	OOO	OOO	OOO	OOO	OOO
Fruits	OO	OO	OO	OO	OO	OO	OO
Grains	OOOOOO	OOOOOO	OOOOOO	OOOOOO	OOOOOO	OOOOOO	OOOOOO
Meats & Beans	OO	OO	OO	OO	OO	OO	OO
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Evening Snack							