Food Diary

In the chart below, record everything that you eat for two days, including snacks. Then, evaluate your diet according to the [www.choosemyplate.gov](http://www.choosemyplate.gov/) guidelines and how many portions per food group are recommended for your age, gender, and activity level.

Name Period

|  |  |  |
| --- | --- | --- |
|  | Day 1 | Day 2 |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner |  |  |
| Snacks |  |  |

On the lines below, under “Target Intake,” list your nutritional requirements for each food group. For Day 1 and Day 2, count how many food you had in each food group and see how it compares to what is recommended for you. You will know that if you mark “0” for the vegetables group that is an area you are lacking in.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Target Intake** | **Day 1** | **Day 2** |
| Grains |  |  |  |
| Vegetables |  |  |  |
| Fruits |  |  |  |
| Dairy |  |  |  |
| Protein Foods |  |  |  |
| Oils |  |  |  |
| Empty Calories |  |  |  |

