

Meal Planning Worksheet



**How to choose a healthy meal!**

**Directions:** Record daily food choices. Ask family members or friends to record their food choices.

Under each meal, list each food eaten on a separate line. For each food, place a check mark under the category where that food item belongs and indicate if that food is an “everyday food” or a “sometimes food.”

NAME DATE

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| **Food Selection** | **“Everyday food”** | **“Sometimes food”** | **Fruit** | **Vegetable** | **Bread, cereal, pasta** | **Milk, cheese** | **Lean meat** | **Fats, oils, sweets** |
| **BREAKFAST** |  |  |  |  |  |  |  |  |
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| **LUNCH** |  |  |  |  |  |  |  |  |
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| **DINNER** |  |  |  |  |  |  |  |  |
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| **SNACK** |  |  |  |  |  |  |  |  |
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