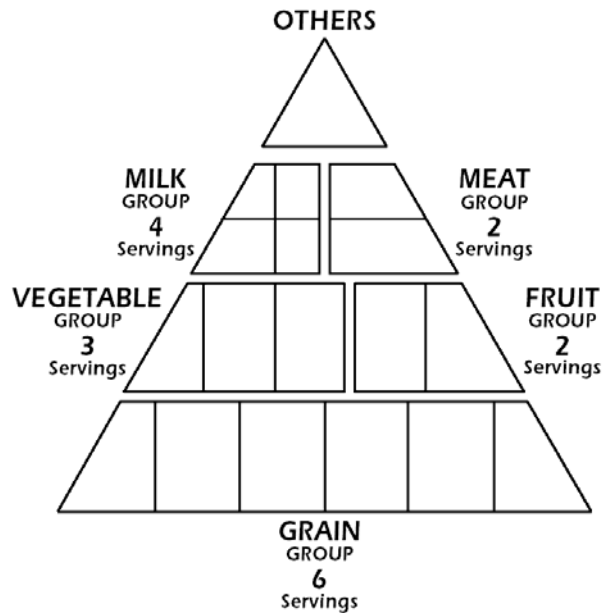


Food Diary

Date:

Write down the foods you eat today. Color in the appropriate spaces on the food pyramid. Write down the foods you eat that belong in the “Others” category and keep a list near the space at the top of the chart. Count composite foods in each category. For example, a ham and Swiss cheese sandwich with mayonnaise, lettuce, and tomato would count as: 1 meat serving, 1 dairy serving, 2 bread servings, 1 vegetable serving, and 1 “Others” serving.



Answer these questions:

- Did you get all the proper servings from each food group?
- Is your pyramid completely colored in?
- How many of the 17 serving spaces in the pyramid are still blank?
- How many servings of “Others” foods did you have?

Chart from Nutrition Explorations
www.nutritionexplorations.org*

Breakfast:	
Lunch:	
Dinner:	
Snacks:	
Others:	