



WHAT I ATE TODAY (fill in the blank)	FOOD GROUPS	HOW MUCH YOU ARE SUPPOSED TO EAT	LOG YOUR FOOD INTO ONE OF THE FOOD GROUPS	HOW MUCH DID YOU HAVE?
BREAKFAST	GRAINS	6 oz. equivalents 1oz. = 1 slice of bread; 1 cup of cereal; ½ cup cooked rice		
LUNCH	VEGETABLES	2 ½ cups		
DINNER	FRUITS	1 ½ cups		
SNACKS	MILK	3 cups		
PHYSICAL ACTIVITY	MEAT & BEANS	5 oz. equivalents 1 oz. = 1 egg; 1 tbsp peanut butter; ½ oz nuts		