



**Name:**

**Date:**

**FOOD GROUPS AND SERVING SIZES**

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
6 servings, such as 1 slice of bread, 1 cup of cereal, ½ cup cooked rice or cooked pasta or cooked cereal. Whole grains preferred.	5 servings of one-half cup each	2-3 fruits, or 1-1/2 cups	3 servings of one cup each	5 servings of one ounce of meat or poultry or fish, one egg, 1 Tbsp. peanut butter, ¼ cup cooked dry beans, or ½ oz. nuts

**DAILY LOG WORKSHEET**

WHAT I ATE TODAY	FOOD GROUP	HOW MUCH DID I HAVE?
BREAKFAST		
LUNCH		
DINNER		
SNACKS		
PHYSICAL ACTIVITY	Type of activity	For how long?