

DAILY FOOD DIARY

Name _____ Day _____ Date _____

Serving Size	1/2 cup or 1 slice	1/2 cup or 1/2 med	1/2 cup	1 oz	1/2 cup	1 slice or 1/2 cup	each	5 oz	3 oz	each small
	Grains	Fruit	Veggies	Nuts&Sds	Beans	Dairy	Eggs	Fish	Meat	Other
Breakfast										
Lunch										
Dinner										
Snacks										
TOTALS										
<i>Recommended Daily</i>	5-8	3-5	5-12	3		0-1*				
<i>Recommended Weekly</i>					4	*	4	3	4	2

*Dairy: Organic and non-homogenized products ONLY

DAILY FOOD DIARY

Name _____ Day _____ Date _____

Serving Size	1/2 cup or 1 slice	1/2 cup or 1/2 med	1/2 cup	1 oz	1/2 cup	1 slice or 1/2 cup	each	5 oz	3 oz or deck of cards	each small
	Grains	Fruit	Veggies	Nuts&Sds	Beans	Dairy	Eggs	Fish	Meat	Other
Breakfast										
Lunch										
Dinner										
Snacks										
TOTALS										
<i>Recommended Daily</i>	5-8	3-5	5-12	3		0-1				
<i>Recommended Weekly</i>					4		4	3	4	2

*Dairy: Organic and non-homogenized products ONLY