

Daily Food Diary

Date: _M 5/18_

This tool is intended to help you to keep track of what you eat each day, and to guide you toward making smart food choices based on the latest nutritional information. This tool is based on guidelines from the U.S. Department of Agriculture. To learn more, visit www.mypyramid.gov.

List all the foods you chose today:

TIME	FOOD
8 am	Oatmeal
	Milk
	Brown sugar
	decaf
10 am	Apple
Noon	tuna salad sandwich on wheat, chips, diet coke
3 pm	Snickers bar
6:30 pm	Chicken breast
	Broccoli
	Baked potato
	Butter
9:30 pm	Frozen yogurt

How did you do today?

Great

So-So

Not so Great

FOOD GROUP	DAILY GOAL (based on 2,000 calories/day*)	From your list at left, place each food choice into its food group	Estimate your total for the day
GRAINS <i>TIP: Make at least half of your grains WHOLE GRAINS</i>	6 ounce equivalents (1 ounce equivalent= 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta or cereal)	Oatmeal (1.5 C) wheat bread (2)	<u> 5 </u> ounce equivalents
VEGETABLES <i>TIP: Eat a mix of different colored vegetables daily</i>	2 ½ cups	Lettuce on sandwich broccoli potato	<u> 3 </u> cups
FRUITS <i>TIP: Choose fruit instead of juice whenever possible</i>	2 cups	apple	<u> 1.5 </u> cups
MILK <i>TIP: Choose fat-free or low-fat most often</i>	3 cups (1 ½ ounces of cheese = 1 cup milk)	Milk frozen yogurt	<u> 3 </u> cups
MEAT & BEANS <i>TIP: Choose lean meat and poultry, and eat a variety, including fish, beans, nuts and seeds</i>	5 ½ ounce equivalents (1 ounce equivalent = 1 ounce meat, poultry or fish, 1 egg, 1T peanut butter)	Tuna Chicken breast	<u> 4.5 </u> ounce equivalents

Thoughts about today: I was really trying to cut back on snacking and to get a few healthy things into my diet today - except for the Snickers Bar, I did pretty good, but I felt hungry all day long

My food goal for tomorrow is: SUBSTITUTE FRUIT FOR CANDY!

Individual recommended daily caloric intakes vary based on individual factors. To view the guidelines from the U.S. Department of Agriculture and calculate your own target calorie count, visit: www.mypyramid.gov/mypyramid/index.aspx.

