UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Daily Food Diary

University of Michigan Depression Center

www.DepressionToolkit.org

Date: _____

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

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 *TIP: Make at least half of your grains WHOLE GRAINS*	6 ounce equivalents *(1 ounce equivalent= 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta or cereal)*		____ ounce equivalents
VEGETABLES *TIP: Eat a mix of different colored vegetables daily*	2 ½ cups		____ cups
FRUITS *TIP: Choose fruit instead of juice whenever possible*	2 cups		____ cups
MILK *TIP: Choose fat-free or low-fat most often*	3 cups *(1 ½ ounces of cheese = 1 cup milk)*		____ cups
MEAT & BEANS *TIP: Choose lean meat and poultry, and eat a variety, including fish, beans, nuts and seeds*	5 ½ ounce equivalents (1 ounce equivalent = 1 ounce meat, poultry or fish, 1 egg, 1T peanut butter		____ ounce equivalents

Thoughts about today: _____

_____

_____

My food goal for tomorrow is: _____

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.

For More Information
University of Michigan Depression Center
800-475-6424 www.depressioncenter.org
©2003-2010 Regents of the University of Michigan