Daily Food Tracker Date:

| What I Ate | Calories | Food Group Servings | Substitution Suggestions |
| --- | --- | --- | --- |
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| **Food Group** | **Recommended Servings** | **Extra Servings** |
| Grains  (in ounces) | 1 2 3 4 5 6 | 7 8 9 10 11 |
| Vegetables  (in ½ cups) | 1 2 3 4 5 | 6 7 8 9 10 |
| Fruits  (in ½ cups) | 1 2 3 4 | 5 6 7 8 9 |
| Dairy  (in 1 cups) | 1 2 3 | 4 5 6 7 8 |
| Proteins  (in ounces) | 1 2 3 4 5 6 | 7 8 9 10 11 |
| Extra calories  (in 50 calorie increments) | 1 2 3 4 5 | 6 7 8 9 10 |

**Total calories:**

**Too much**:

**Not enough**: