Daily Food Tracker Date:

| What I Ate | Calories | FoodGroupServings | 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**: