Sample Daily Food Tracker Date: 9/11/19

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| What I Ate | Calories | Food Group Servings | Substitution Suggestions |
| 2 cups Special K  1 cup milk  1 banana | 200  110  120 | 2 grains  1 dairy  2 fruit | Add protein to breakfast – maybe a poached egg. |
| Extra large coffee with half-and-half | 100 | 2 extras  ½ dairy | Use milk or non-fat half-and-half. |
| 1 can of Coke  1 turkey sandwich with lettuce and tomato | 140 200 (2 slices bread) 50 (turkey, tomato, lettuce) | 2 extras  2 grains  1 protein  1 vegetable | Replace pop with diet drink.  Add some carrots.  Drink small V8 juice. |
| 2 slices of cheese  25 Wheat Thin crackers | 120  200 | 2 dairy  1 ½ grains | Eat a smaller portion of reduced-fat crackers.  Add some veggies and nuts. |
| 3 slices pepperoni pizza  Salad  2 Tb. Ranch dressing  1 cup watermelon | 870  50 (salad greens)  100 (dressing)  50 | 3 grains, 3 dairy  1 protein  1 vegetable  2 extras  2 fruit | Order veggie pizza rather than pepperoni.  Use low-fat dressing or oil and vinegar. |

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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:** 2310

**Too much**: grains, dairy, extra calories

**Not enough**: vegetables, protein