Sample Daily Food Tracker Date: 9/11/19

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| What I Ate | Calories | FoodGroupServings | Substitution Suggestions |
| 2 cups Special K1 cup milk1 banana | 200110120 | 2 grains1 dairy2 fruit | Add protein to breakfast – maybe a poached egg. |
| Extra large coffee with half-and-half | 100 | 2 extras½ dairy | Use milk or non-fat half-and-half. |
| 1 can of Coke1 turkey sandwich with lettuce and tomato | 140200 (2 slices bread)50 (turkey, tomato, lettuce) | 2 extras2 grains1 protein1 vegetable | Replace pop with diet drink.Add some carrots.Drink small V8 juice. |
| 2 slices of cheese25 Wheat Thin crackers | 120200 | 2 dairy1 ½ grains | Eat a smaller portion of reduced-fat crackers.Add some veggies and nuts. |
| 3 slices pepperoni pizzaSalad2 Tb. Ranch dressing1 cup watermelon | 87050 (salad greens)100 (dressing)50 | 3 grains, 3 dairy1 protein1 vegetable2 extras2 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