

Sample Daily Food Tracker Date: 9/11/19

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.

<p>2 slices of cheese</p> <p>25 Wheat Thin crackers</p>	<p>120</p> <p>200</p>	<p>2 dairy</p> <p>1 ½ grains</p>	<p>Eat a smaller portion of reduced-fat crackers.</p> <p>Add some veggies and nuts.</p>
<p>3 slices pepperoni pizza</p> <p>Salad</p> <p>2 Tb. Ranch dressing</p> <p>1 cup watermelon</p>	<p>870</p> <p>50 (salad greens)</p> <p>100 (dressing)</p> <p>50</p>	<p>3 grains,</p> <p>3 dairy</p> <p>1 protein</p> <p>1 vegetable</p> <p>2 extras</p> <p>2 fruit</p>	<p>Order veggie pizza rather than pepperoni.</p> <p>Use low-fat dressing or oil and vinegar.</p>

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