What I Ate Yesterday

Breakfast:

Lunch:

Dinner:

Snacks/Beverages:

|  |  |  |
| --- | --- | --- |
| 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 |