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  |