

# **What I Ate Yesterday**

**Breakfast:**

**Lunch:**

**Dinner:**

**Snacks/Beverages:**

<b>Food Group</b>	<b>Recommended Servings</b>	<b>Extra Servings</b>
<b>Grains</b> <b>(in ounces)</b>	<b>1 2 3 4 5 6</b>	<b>7 8 9 10 11</b>
<b>Vegetables</b> <b>(in ½ cups)</b>	<b>1 2 3 4 5</b>	<b>6 7 8 9 10</b>
<b>Fruits</b> <b>(in ½ cups)</b>	<b>1 2 3 4</b>	<b>5 6 7 8 9</b>
<b>Dairy</b> <b>(in 1 cups)</b>	<b>1 2 3</b>	<b>4 5 6 7 8</b>
<b>Proteins</b> <b>(in ounces)</b>	<b>1 2 3 4 5 6</b>	<b>7 8 9 10 11</b>
<b>Extra calories</b> <b>(in 50 calorie increments)</b>	<b>1 2 3 4 5</b>	<b>6 7 8 9 10</b>