

2-DAY FOOD RECORD

Keep a record of everything you eat for two days. List each item on the left side of the table. Then write the number of servings from the food group (or groups) that each item you eat provides. Use the Daily Food Guide on the front to decide which group each food belongs to. Separate combination foods as best you can. For example, a ham and cheese sandwich on two slices of bread would be one meat, one milk, and two grains. Mark food not included in one of the food groups or that you are not sure of in the "Not Sure" column. Then compare YOUR DAILY TOTAL to the DAILY TOTALS NEEDED at the bottom of the chart. Are you eating enough? Too much? Not enough? Is there a food group you need to cut back on or add to for a better balanced diet? Did you drink 6-8 8-oz. glasses of water each day?

FIRST DAY		GRAINS	VEGETABLES	MILK	FRUIT	MEAT	FATS, OILS	NOT SURE	WATER
Breakfast									
Lunch									
Dinner									
Snacks									
YOUR DAILY TOTAL									
DAILY TOTAL NEEDED	6-11	3-5	3-4	2-4	2-3	use sparingly			6-8 8-oz.

SECOND DAY		GRAINS	VEGETABLES	MILK	FRUIT	MEAT	FATS, OILS	NOT SURE	WATER
Breakfast									
Lunch									
Dinner									
Snacks									
YOUR DAILY TOTAL									
DAILY TOTAL NEEDED	6-11	3-5	3-4	2-4	2-3	use sparingly			6-8 8-oz.