

Daily Food Diary



This tool is intended to help you to keep track of what you eat each day, and to guide you toward making smart food choices based on the latest nutritional information. This tool is based on guidelines from the U.S. Department of Agriculture. To learn more, visit choosemyplate.gov.

Date: Tues, 5/19

List all the foods you chose today:	
TIME	FOOD
8 am	Oatmeal
	Milk
	Brown sugar
	Coffee
10 am	Apple
Noon	Tuna salad sandwich on Wheat, chips, coke
3 pm	Snickers bar
6:30 pm	Chicken breast
	Broccoli
	Baked potato
	Butter
9:30 pm	Frozen yogurt

FOOD GROUP	EXAMPLES OF OPTIONS	From your list at left, place each food choice into its food group
GRAINS <i>TIP: Make at least half of your grains WHOLE GRAINS</i>	Look for the words "100% whole grain" or "100% whole wheat" on the food label. Examples include: 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.	Oatmeal Wheat bread
VEGETABLES <i>TIP: Make half your plate veggies and fruit</i>	Include vegetables from all five vegetable subgroups as much as you can - dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and others. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.	Lettuce on salad Broccoli Potato
FRUITS <i>TIP: Make half your plate fruits and veggies</i>	Includes whole or cut-up fruit, instead of juice. Fruits may be fresh, canned, frozen, or dried.	Apple
DAIRY <i>TIP: Provides nutrients you need: calcium, vitamin D, protein, and more</i>	Includes milk, yogurt, cheese, and fortified soy beverages (soymilk).	Milk Frozen yogurt
PROTEIN <i>TIP: Choose a variety of nutrient-dense proteins</i>	Includes meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.	Tuna Chicken breast

Thoughts about today: I was really trying to focus on adding whole fruits and veggies into my meals and snacks today. I did pretty good, but also noticed that I felt hungry throughout the day

My food goal for tomorrow is: snack on raw bell peppers when I'm hungry - they're so good!

