## **WEEKLY FOOD LOG- 1400 Calorie**

# Fruits & Vegetables each square = 1/2 cup Remember to eat a variety of COLORS

#### Grains- Try to pick whole grains

each square = 1 ounce
1 ounce serving of grains are:
3/4 cup dry cereal
1/2 cup cooked cereal, rice or pasta
one slice of bread

#### Protein

each square = 1 ounce lean protein -chix, turkey, ham & fish 3 ozs. = deck of cards 1 T of peanut butter 1egg

### Milk / Dairy

each square = 1 cup 2 slices / 1/3 c. shredded / 8 oz yogurt = cup pick low-fat or skim milk, yogurt and cheese

		BREAKFAST	LUNCH	SNACK	DINNER	5 A-DAY				
Monday										
Grain- 5 oz										
Veg 1 1/2 c.										
Fruit- 1 1/2 c.										
Dairy- 2 c.										
Protein- 4 oz										
Extra- 4 tsp										
Tuesday										
Grain- 5 oz										
Veg 1 1/2 c.										
Fruit- 1 1/2 c.										
Milk- 2 c.										
Protein- 4 oz										
Extra- 4 tsp										
			Wedne	sday						
Grain- 5 oz										
Veg 1 1/2 c.										
Fruit- 1 1/2c.										
Milk- 2 c.										
Protein- 4 oz										
Extra- 4 tsp										