

## My Weekly Food Diary



	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

*Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for personalized eating recommendations based on age, sex and physical activity level. Choose low fat, low sugar foods and snacks and limit fast foods and high calorie sweetened beverages. Think fruits, vegetables and whole grain!*