

Weekly Food Diary

Food Group	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		TOTAL 5-DAY SERVINGS
	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	Food Item	Serving Size	
BREAKFAST											BREAKFAST
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
LUNCH											LUNCH
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
DINNER											DINNER
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											
SNACKS											SNACKS
Grains											
Vegetables											
Fruit											
Milk Products											
Meat & Alt											
Other Foods											