

My Weekly Food Diary



| | Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-------|--------|--------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Visit 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!