

Daily Food Tracker

DATE: _____

Write in the foods you eat each day:

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER	ACTIVITY	OTHER FOODS
Grains (try whole grains)							
Veggies (look for different colors to eat)							
Fruit (eat more fruit, not juice)							
Milk/Dairy (go low fat or fat free)							
Meat/Beans (try some fish or nuts)							
How balanced was your meal?							