

Weekly Food Tracker

As you eat throughout the day, track the foods that you are eating. Place them into the groups that you feel they belong in. For example: If I ate Cheerios for breakfast, I would put milk in the Dairy row and Cheerios in the Grain row. Track what you eat Monday through Thursday (breakfast, lunch, dinner and any snacks you eat).

| | Monday | Tuesday | Wednesday | Thursday |
|-----------------|--------|---------|-----------|----------|
| Grain Group | | | | |
| Vegetable Group | | | | |
| Fruit Group | | | | |
| Dairy Group | | | | |
| Meat Group | | | | |