



Food Diary for: _____ **Date:** _____

Refer to *MyPlate for Teens* for example foods in each food group. Track your daily intake and the goal provided!

Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetables I need at least 3 choices per day.							
Protein I need at least 6 choices per day.							
Grains I need at least 6 choices per day.							
Fruits I need at least 2 choices per day.							
Dairy I need at least 4 choices per day.							