

Name: _____

Date: _____

DIET DIARY

Food Description	Portion
Breakfast	
Fruit	
Vegetable	
Grain	
Protein	
Dairy	
Lunch	
Fruit	
Vegetable	
Grain	
Protein	
Dairy	

Food Description	Portion
Dinner	
Fruit	
Vegetable	
Grain	
Protein	
Dairy	
Snacks	
Fruit	
Vegetable	
Grain	
Protein	
Dairy	

