

# My Daily Food

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Day of Week     M, T, W, TH, F, Sat, Sun    

## Amount you ate in each food group

List the foods & amount you ate	Milk	Meat & Beans	Fruit	Veggies	Grains	Extras X - high fat & sugar foods
<b>BREAKFAST</b>						
Ex.: Banana, 1 small			1/2 cup			
<b>SNACKS</b>						
<b>LUNCH</b>						
<b>DINNER OR SUPPER</b>						
<b>TOTAL FOR THE DAY:</b>						

Females 19 - 30, 2,000 calories	3 cups	5.5 oz.	2 cups	2.5 cups	6 oz.	(267 calories)
Females 31-50, 1,800 calories	3 cups	5 oz.	1.5 cups	2.5 cups	6 oz.	(195 calories)
Males 19-30, 2,400 calories	3 cups	6.5 oz.	2 cups	3 cups	8 oz.	(362 calories)
Males 31-50, 2,200 calories	3 cups	6 oz.	2 cups	3 cups	7 oz.	(290 calories)



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