Printable Food Diary

Name: _____

Date: _____

Food	Meal	Serving Size	Calories	Food Group	Description
Orange Juice	Breakfast	8oz	110	Fruit	Good source of calcium
Cereal (2% milk)	Breakfast	1 cup	160	Grain, Milk	MultiGrain Cheerios
Banana	Snack 10am	1	105	Fruit	Good source of fiber, potassium, Vitamin C.
Calorie Totals:					
Food Group Totals:	Fruits	Veggies	Dairy	Meat/Beans	Grains
Notes:					