





# My Daily Nutrition Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
_____	 <b>GRAINS</b>	Make at least 3 ounces of your grains whole grains	<b>5 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	_____	_____
_____	 <b>VEGETABLES</b>	Try to have vegetables from several subgroups each day	<b>2 cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____
_____	 <b>FRUITS</b>	Make most choices fruit, not juice	<b>1 ½ cups</b>	_____	_____
_____	 <b>MILK</b>	Choose fat-free or low fat most often	<b>3 cups</b> (1 ½ ounces cheese = 1 cup milk)	_____	_____
_____	 <b>MEAT &amp; BEANS</b>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	_____	_____

How did you do today?  Great  So-So  Not so Great



Draw an X through the number of glasses of water consumed today

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_