


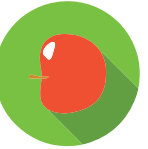
Name: _____

Date: _____

Life Skills

Daily Food Tracker

Directions: Using the “Daily Food Tracker” worksheet below, track and record your food and beverage intake and physical activity for at least one full day.

Write in your food choices for today.	Food Group	Tip	Based on a 2,000 calorie pattern, your goals are:	Match your food choices with each food group.	Estimate your total.
_____		Make at least half your grains whole grains.	6-ounce equivalents (1-ounce equivalent is about 1 slice of bread; 1-ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal.)	_____	_____ ounce equivalents
_____		Aim for variety every day; pick vegetables from several subgroups: dark green, red and orange, beans and peas, starchy, and other vegetables.	2 ½ cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice.)	_____	_____ cups
_____		Select fresh, frozen, canned, and dried fruit more often than juice.	2 cups (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice.)	_____	_____ cups
_____		Include fat-free and low-fat dairy foods every day.	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1 ½ ounces natural cheese; or 2 ounces processed cheese.)	_____	_____ cups
_____		Aim for variety. Choose seafood, lean meat and poultry, beans, peas, nuts, and seeds each week.	5 ½ -ounce equivalents (1-ounce equivalent is 1-ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds.)	_____	_____ ounce equivalents
_____		Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 60 minutes each day.	Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	_____ minutes

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

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____