

NAME _____

WEEK STARTING _____

FOOD ITEM	NUMBER OF SERVINGS:							WEEK'S TOTAL
	SUN	MON	TUE	WED	THU	FRI	SAT	
<u>raw fruit, size @ medium apple</u>								
<u>raw vegetable serving, @ 1/2 cup</u>								
<u>cooked vegetable serving, @ 1/2 cup</u>								
<u>sprouts, raw or cooked, any amount</u>								
<u>nuts or seeds, about a fistful</u>								
<u>grains: 1/2-1 cup cooked or 2 slices of bread</u>								
<u>beans or lentils 1/2-1 cup cooked</u>								
<u>water, 8 fl. Oz.</u>								
<u>other beverages (not milk) 4 fl. Oz.</u>								
<u>milk, @ 4 fl. Oz/</u>								
<u>sweets (candy, cookies, cake, doughnuts)</u>								
<u>meat: flesh or organs, 4 to 6 oz. Serving</u>								
<u>eggs (free standing such as fried, boiled)</u>								
<u>other dairy, 2 - 4 oz.</u>								

VARIETY (list to right)

Fruit:

Vegetables:

Nuts & Seeds:

Grains:

Beans & Lentils:

Beverages (other than milk, water):

Sweets:

Meats:

Other Dairy: