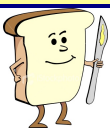
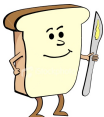




Activity # 3 Food Record-Tracking Your Diet

Date: _____

Daily Food Record				
<u>Grains</u> 6 oz per day	<u>Vegetables</u> 2 ½ cups per day	<u>Fruits</u> 1 ½ cups per day	<u>Milk/Dairy</u> 3 cups per day	<u>Meat/Beans</u> 5 oz per day
				



Grains Icon:



Fruits Icon:



Meat/Beans:



Vegetables Icon:



Milk/Dairy: