

Tracking My Servings From Each Food Group

Keeping a food record can help you know what you're eating from each food group. The goal for most people is to:¹

- Make half the plate fruits and vegetables.
- Try to eat whole grains.
- Eat lean proteins, such as seafood, lean meat, eggs, and beans.
- Switch to fat-free or low-fat (1%) milk.
- Drink water instead of sugary drinks.

If you aren't yet at this goal, it's okay. See where you are, and set small goals to get here.



For a personal food guide, go to www.ChooseMyPlate.gov.

You can fill out this form online, but the information can't be saved. Or you can simply print it and then fill it out by hand.

My food record

Date: _____

	Fruits and veggies	Grains	Protein	Dairy	Water	Other
Sunday						
Monday						
Tuesday						

	Fruits and veggies	Grains	Protein	Dairy	Water	Other
Wednesday						
Thursday						
Friday						
Saturday						

¹U.S. Department of Health and Human Services, U.S. Department of Agriculture (2015). *2015-2020 Dietary Guidelines for Americans*, 8th ed. <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed January 12, 2016.



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