Food Group Servings Check Off Form

Food Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grains, starches, sweets 1 slice bread; 1/3 cup cooked pasta, rice; ½ cup cooked cereal, corn, potatoes; ¼ bagel; 1 oz dry cereal; ½ English muffin, bun; 2 cups popcorn; 2 small cookies	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□	□□□□□□ □□□□□□ □□
Fruits 4 oz juice, small fruit, ¼ cup dried fruit, ½ cup canned fruit, 1 cup diced raw fruit	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Vegetables ½ cup cooked vegetables, 1 cup leafy greens, 6 oz vegetable juice	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Low fat dairy 8 oz skim or low-fat milk, 8 oz low-fat/fat-free yogurt, 1 oz reduced-fat cheese, ½ cup fat-free or low-fat cottage cheese	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Beans, nuts, seeds ¼ cup beans, nuts, seeds, 2 T peanut butter	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Lean meat, fish, poultry, eggs, soy meat substitutes Each □ = 1 oz 1 egg = 1 oz, 2 egg whites = 1 oz	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□
Fats, fatty sauces 1 T salad dressing 1 t butter, oil	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Water, liquids 8 oz	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□
Alcohol 1 oz liquor, 4 ½ oz wine, 12 oz beer	□□	□□	□□	□□	□□	□□	□□
Exercise (each □ = 10 minutes)	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□

Grains, starches _____ Vegetables _____ Dairy _____ Fats _____
Fruits _____ Beans, nuts _____ Lean meats _____ Fluid _____
Alcohol _____ Exercise _____