

# 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:<sup>1</sup>

- 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](http://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						

<sup>1</sup>U.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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