MyPyramid Food Intake Record

Name _____ Date _____ Day: M T W Th F Sa Su

Use the grid below to track everything you eat. Break down each food item into its component parts and then list them separately in the column labeled "Food." Then enter the portion size you consumed in the correct food group column. For example, a turkey sandwich might be listed as follows: whole-wheat bread, 2 oz-equiv of whole grains; turkey, 2 oz-equiv of meat/beans; tomato, 1/3 cup other vegetables; romaine lettuce, 1/4 cup dark-green vegetables; 1 tablespoon mayonnaise dressing, 1 teaspoon oils. For vegetables, enter your portion sizes in both the total column and the column corresponding to the correct subgroup; for example, the spinach in a spinach salad would be intered under dark green and carrots would be entered under deep yellow. (Although MyPyramid guidelines for the vegetable subgroups are in terms of weekly consumption, you should consume servings from several subgroups each day.) At the end of the day, total the intake for each group.

More information and online nutrition tracking are available at MyPyramid.gov.

	Grains (oz-eq)		Vegetables (cups)										Discretionary Calories	
Food	Whole	Other	Total	*Dark Green*	*Orange*	*Legume*	*Starchy*	*Other*	Fruits (cups)	Milk (cups)	Meat/ Beans (oz-eq)	Oils (tsp)	Solid Fats (g)	Added Sugars (g/tsp)
Daily TOTAL														

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