food journal

Date _____

Time	Food	Amount

Your Recommended Daily Food Servings

Vegetables	☐☐☐☐☐ (at least 5 servings)	Oils & Fats	☐☐☐☐☐☐☐☐ (5–8 servings)
Fruits	☐☐☐ (at least 3 servings)	Treats	☐☐ (0–2 50 calorie servings)
Grains	☐☐☐☐☐☐ (3–6 servings)	Water	☐☐☐☐☐☐☐☐ (8 servings)
Dairy	☐☐☐ (2–3 servings)	Physical Activity	_____ minutes
Protein	☐☐☐☐☐☐☐ (5–7 ounce equivalents)		

Please refer to the Serving Size Guide at gelsons.com/table/nn/index.asp.

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