Food Chart

name:	Name:_				
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Check a Food Guide online or in a book to determine the correct amount of servings for your age. Keep track of your meals and snacks for one week.

Food Group:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits and							
Vegetables							
Grains							
2.							
Milk and							
Alternatives							
Meat and							
Alternatives							

Where do you need to improve?