

Nutrition Tracker

your name _____

date _____

Did you eat from all Five Food Groups today? Did you eat the number of servings you need from each food group? Use this form to answer these questions and compare your diet to the MyPyramid.

- 1 List everything you eat and drink during the day.
- 2 Add up each column.
- 3 Compare your totals for the day to the servings you need from each food group.
- 4 Share your Nutrition Tracker with your parents. Even better, have them use the Nutrition Tracker, too.



FOODS (include the amount you ate)							
		grain group	vegetable group	fruit group	milk group	meat group	"others" category
morning							
lunch time							
dinner time							
after dinner							
TOTAL SERVINGS:							
Servings you need if you are 7 to 10 years old:		5	4	3	3	2	
Servings you need if you are 11 to 13 years old:		6	5	3	3	2	