**Worksheet to Plan a Day of Healthy Eating** Date:

Use this worksheet to plan a day of healthy eating or to record your nutrition for the day. Begin by entering in the last row your goal　for the amount of servings in each food group and your goal for the amount of calories of　“Other” foods and drinks for the day. Then, record what you plan to eat—or what you have eaten—in the left　column. Include detail on amount and quality. For　“Other” foods and drinks that don’t fit into main categories, record as accurately as possible the amount　of calories rather than servings. Add up the servings (or calories) you plan to consume—or those you have consumed—in the “My　total for the day” row and see how it compares to your goal.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Fruit & Veg | Grains | Milk and alternatives | Meat and alternatives | Fat and oils | Other |
| Breakfast |  |  |  |  |  |  |
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| Mid-morning snack |  |  |  |  |  |  |
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| Lunch |  |  |  |  |  |  |
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| Mid-afternoon snack |  |  |  |  |  |  |
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| Dinner |  |  |  |  |  |  |
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| Evening snack |  |  |  |  |  |  |
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| My TOTAL for the day |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| My GOAL for the day |  |  |  |  |  |  |