

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						
Mid-morning snack						
Lunch						
Mid-afternoon snack						
Dinner						
Evening snack						
My TOTAL for the day						
My GOAL for the day						