

# Your Food Diary

Use this chart to write down the foods you eat throughout the day. The number of recommended servings per day is listed at the top of each column. Talk to your doctor if you have questions about your specific needs.

	Meats/Beans 6½ ounces a day	Vegetables 3 cups a day	Grains 8 ounces a day	Dairy 3 cups a day	Fruits 2 cups a day
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



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